

Intentional Mornings

Start your morning with healthy intentions!

Gratitude Walk

Join us for a gratitude walk on the beautiful new trails at the Museum of the Shenandoah Valley. A gratitude walk is the act of walking with a calm, present and grateful state of mind or being. Studies show that this simple act has been proven to improve your mood, sleep, and even your immune system!

Tuesdays and Thursdays, 10–11 A.M.

The walk will start and finish at Wellspring. No need to register. Masks must be worn during the walk and social distancing required.

Meditation and Stretching

On Wednesdays, start your morning with us in peaceful meditation, followed by gentle stretching exercises to awaken your body and mind to the exhilarating sense of intentional movement.

Meditation Group: Wednesdays, 9–9:30 A.M.

Gentle Stretch Class: Wednesdays, 10 A.M.

No need to register, but space is limited. Masks must be worn and social distancing required.

To learn more about any of the Intentional Mornings activities, call 540-536-4981