

# RIVERBLUFF SANCTUARY

UPCOMING CLASSES - FALL 2022 - SPRING 2023



## Free Community Meditation

Fridays, 7:45-8:45am Eastern Time - Via Zoom

Register with [janet@janetevergreen.com](mailto:janet@janetevergreen.com)

## Zapchen: How to Feel as Good as you Can in Spite of Everything

Mondays 5:30-6:30pm Eastern Time - Via Zoom

10-week Fall Series: Sept 12, 19, 26; Oct 3, Oct 17, 24, 31; Nov 7, Nov 21, 28, 2022

10-week Winter Series: Dec 5, 12, 19, 2022; Jan 9, 16, 23, 30; Feb 6, 13, 20, 2023

9 CE's NCBTMB per series

Cost: sliding scale \$100-\$200 per series,

Register with [awwags@gmail.com](mailto:awwags@gmail.com)



## Exploring the Vagus System & The Health That is Never Lost

Mondays 2-5pm Eastern Time - Via Zoom & In Person

Part 1: Oct 17, 24, 31, Nov 7, (14 no class) 21, 28

Part 2: Feb 6, 13, 20, 27; Mar 6, 13, 2023

Part 3: Apr 3, 10, 17, 24; May 1, 8, 2023

Meets Mondays via Zoom with 4 participants at RiverBluff Sanctuary

18 CE's NCBTMB

Cost: \$300 per part

Register with [tlograsso26@gmail.com](mailto:tlograsso26@gmail.com)

## Winter Retreat: Embracing the Mystery

Spanish/English 5 or 10 day Buddhist Meditation Retreat - Via Zoom

Wednesday Dec 28, 2022 - Friday Jan 6, 2023, three sessions per day

Qigong, Anapanasati Meditation and Dreamwork facilitated by

Janet Evergreen, Jay Demaio, & Dani Holguin

Orientation 6pm Tuesday, Dec 27

Closing Ceremony and Tsok 9am Saturday, Jan 7

Register with [awwags@gmail.com](mailto:awwags@gmail.com)





## Organs of the Vagus System

Tuesdays 2-5pm Eastern Time - Via Zoom & In Person

Mar 14, 28, Apr 11, 25, May 9, 23, 2023

Meets every other Tuesday via Zoom with 4 participants at RiverBluff Sanctuary  
18 CE's NCBTMB

Cost: \$300 per part

Register with [tlograsso26@gmail.com](mailto:tlograsso26@gmail.com)

## Birthing Yourself Process Workshop

Via Zoom & In Person

Oct 19-Nov 16, 2022: Meeting weekly by Zoom, Wednesdays 6-8:30pm Eastern Time

Feb 3-5 2023: In-person weekend, 9am-6pm Eastern Time

May 27-29 2023: In-person weekend, 9am-6pm Eastern Time

Cost: \$600, plus \$45 for lunch and snack for in person weekend

Register with [tlograsso26@gmail.com](mailto:tlograsso26@gmail.com)



## Free Postpartum Study Group with Nearby Baby *Janet leading discussion on Self Care & Setting Boundaries*

Sunday Oct 30, 1:00-2:00pm Eastern Time - Via Zoom

Register with Cynthia Fisher: [ppdoulatraining@gmail.com](mailto:ppdoulatraining@gmail.com)

## **\*Save the date! 2 Year Pre and Perinatal Study Group 2023-2025**

Wednesdays 9am-12pm - Via Zoom & In Person

Year 1: Sept 13-Dec 6, 2023; Feb 7-Jun 26, 2024 (no class April 3)

Year 2: Sept 11-Dec 4, 2024; Feb 5-Jun 25, 2025 (no class April 2)

Co-facilitated by Janet Evergreen, MA and Tonya Ridings, LCSW

Meets Wednesdays via Zoom with participants in person at Riverbend Counseling

Cost: \$3,200 for 2 years. Payment plan available

Register with [tlograsso26@gmail.com](mailto:tlograsso26@gmail.com)

