

Rowdy Rooster

MAY 16th - 18TH *Creative Workshops*

Soundbath Meditation By HAVEN's Linnena

Friday 5/16 8:15PM- 9:15PM \$15

Join Linnea Tober, sound therapist and owner of HAVEN for an hour of deep relaxation! Enjoy a live crystal bowl sound bath experience where you will fully relax into your yoga mat and bolsters. Linnea will guide us through some very gentle stretching and breathing exercises, (suitable for all ages), and then we will lay back and deeply relax. Attendees will need to bring their own yoga mats and blankets in order to be comfortable lying down.



Nature Walk

Saturday 05/16 10AM FREE

Join a nature walk around the grounds of the Steppingstone Museum. We will be on the lookout for migrating songbirds, wildflowers, and other signs of spring in the fields and forest around the grounds.

Recycled Can and Bead Windchimes

Saturday 5/17 12PM - 2PM \$20

Create a whimsical beaded windchime from tin cans and beads.



Yoga on the Farm

Sunday 05/04 10:30AM - 11:30AM \$10

Enjoy a scenic yoga session in the orchard, while relaxing to a violin duet from Lieder Strings. Class is good for all skill levels. Class will be lead by Yoga Centric instructor. Bring a yoga mat & blanket for class.

**Pre-registration required, register at:
steppingstonemuseum.org/rowdyrooster**