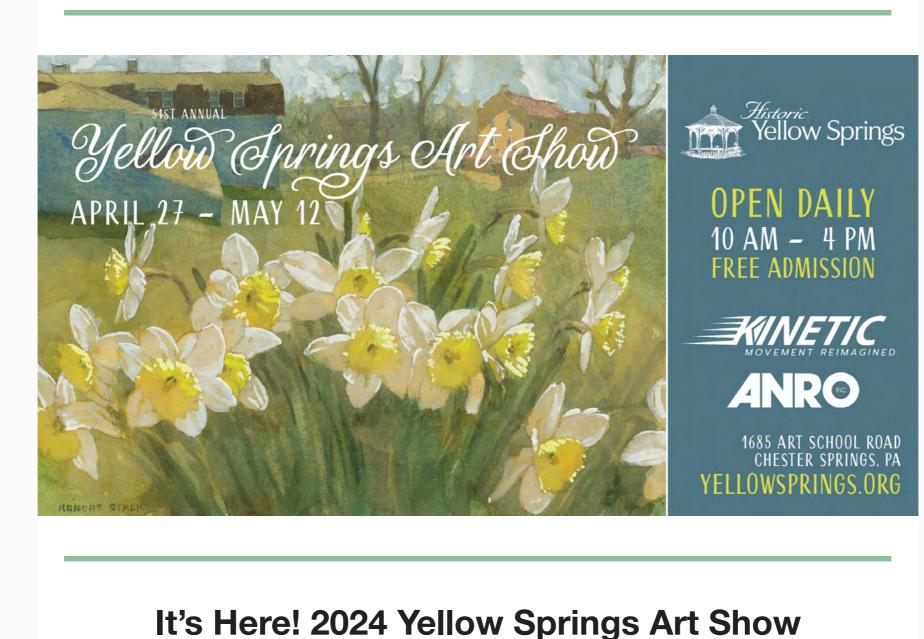
Yellow Springs April Newsletter





The 51st Annual Yellow Springs Art Show opens to the public this Saturday, April 27 at 10 am! The galleries in the Lincoln

April 27th- May 12th

building will be open daily from 10 am - 4



pm daily through Mother's Day, May 12. Learn more

51st Annual Yellow Springs Art

Want early access to shop before the show opens to the public? Join us for the 51st





Purchase Tickets Today

Art Around the Village Mother's Day, Sunday, May 12 10 am - 2 pm • Free Admission

FREE: Directions and More

Live music from Dylan Zangwill, artist

demonstrations, kids' activities, food

trucks and more!



EXIVETIC MOVEMENT REIMAGINED

HYS 50 Year Founder's Circle Sponsor

Grand Sponsor A DINC.

ROCKLAND

Happy Hour Sponsor



James A. Cochrane, Inc. Kim Morgan Designs

Yellow Springs

The Nature of Movement Programs in Nature - Spring French & Pickering Creeks Conservation Trust and Kinetic, Movement Reimagined, (formerly Kinetic Physical Therapy) invite you to join programs in nature, designed to inspire wellness through creative movement and thought. Brought to you by 5 pioneering organizations, experience what various cultures have practiced in nature for centuries. All workshops are designed to move you towards greater mind-body health and awareness.

Date: Friday, May 3rd

Time: 4:30 - 6:30PM

Preserve

Place: Thomas P. Bentley Nature

Moving in Nature with the Right Trio Date: Friday, May 31st Place: Kinetic @ Eagelview Ranges of Motion: Movement Health, Time: 4:30 - 6:30PM Your Feet and the Right Sneaker "Our nature lies in movement." Blaise Pasc

movement health and your sneaker knowledge. Assessing balance factors, proper sneaker selection, and fit will be some of the areas addressed. How have sneakers evolved and what are the environmental aspects of footwear? Wear or bring your sneakers and learn from Kevin how your sneakers are fitting your movement lifestyle. When you register you can also sign up for Kinetic's complimentary movement assessment which is an optional part of the program.

What contributes to healthy movement in nature or in our daily lifestyles, whether we are walking, running, hiking, dancing, or even skipping with our kids. Learn how to

move with stability and confidence. Join Kinetics Doctor's of PT and Kevin Matthews,

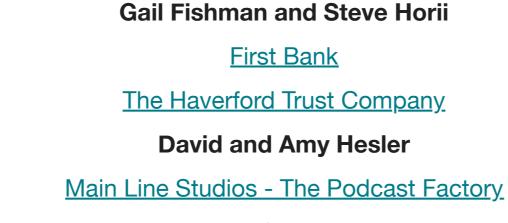
Owner, Downingtown Running Co., as they explore valuable areas contributing to

Annual Yellow Springs Art Show Opening Gala on Friday, April 26 from 6 - 9 pm. Enjoy cocktails, passed hors d'oeuvres, live music, and more. Artwork will be available for purchase during the event, and valet parking will be provided for your convenience. **Show - Opening Gala Ticket** \$85.00 \$75.00 for HYS Members Purchase Tickets Today

bar from the Cedar Hollow Inn. \$10.00 HYS Members - Choose member option to reserve your complimentary ticket.

celebration of creativity and talent.

Art Around the Village Sponsor



Stories from 50 Years at the Springs

The story continues next month as we delve into the challenges and opportunities

faced by the founders of Historic Yellow Springs as they worked to establish this now

storied institution.

In case you missed the first installment check it out here

Community News

Mindfulness Approaches in Nature

Labyrinths, a Walking Meditation &

Movement Tapping Practices

"Brilliant things happen in calm minds." Headspace We invite you to join us for a unique outdoor, mindfulness experience. Introducing meditation techniques that reduce stress and increase focus and balance. Experience a unique Labyrinth walking meditation and tapping meditations that you can use anywhere. For beginners and those looking to explore additional mind-body practices to move, create calm, and facilitate health and wellness. Jill Tonachio from the Healing Sanctuary brings her extensive experience to our first Nature of Movement

program.

Please wear flat shoes or sneakers to this event.

Learn More and Book Your Ticket

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