

## **What exactly happens at Stillpoint, and when are you open?**

### **Program examples**

Non profit workshops  
Figure drawing classes  
Martial arts classes  
Tai Chi classes  
Yoga classes  
Women's boxing  
Active Balance for older adults  
Chi running  
Various coaching programs to reconnect people to their mission  
Ideas events  
Counseling for teens  
Surfboard building contest, raffle off the winner's board and give money to a charity  
Discussion groups (men's groups, women's groups, native groups etc.)  
Offerings for senior citizens  
Fitness Instruction  
Lecture series  
Poetry readings  
Lessons on organic gardening  
Climate change mitigation classes  
Communication classes (taking a very divisive topic and hosting a mediated discussion series that aims to teach people how to listen, share their ideas, and how to find a middle ground)  
PTSD workshops  
Human Library—discuss subjects that a stranger is interested in. tagline: *un-judge someone*  
Classes on Organic Gardening  
Mindful forest walking

### **Hours of operation**

Although the space will not be programmed with continuous activities, Stillpoint is open from 7AM-10PM everyday. Various classes, workshops, and events will be offered all year long, with an estimated 50-60 classes each month (600-720 per year). Class sizes could range from 10-40 students. We expect some larger crowds for evening activities which could range from 10-60, with a maximum limit of 99 (including staff).

Classes, workshops, and events at the Stillpoint center will be supplemented with regular events such as: Inwards conversation series, day long meditation retreats, community conversations, and other artistic exhibitions such as fine art, photography, crafts, movement, and music.

Sale of alcohol will not be allowed. Any amplified music will adhere to all noise West Tisbury regulations.

As a way to help pay our operating costs and to keep the price of renting the space affordable, Stillpoint will be available for rental.

**Estimated usage each day and what a sample day could look like**

*Peak Summer (June-August)*

7AM Yoga, Tai Chi, or similar fitness instruction for 10-40 people

10AM Meditation & Mindfulness training or “Inwards” conversations for 10-30 people

3PM Kids workshop activity/class for 10-25 children

7PM Evening discussion groups or presentation for 10-60 people (evening events 2 or 3 nights per week)

*Off season activity (Sept-May)*

7AM Yoga, Tai Chi, or similar fitness instruction for 10 - 30 people

10AM Meditation & Mindfulness training or “Inwards” conversations for 10-30 people

3PM after school kids workshop activity/class for 10-25 students

7PM Evening discussion groups or presentation for 10-50 people (evening events 2 or 3 nights per week)