



Free Lenses with the Purchase of any Frame
OFFER EXPIRES 3/31/2024

Single Vision Stock lenses only. Non-Stock lenses will receive \$95 discount with coupon. Cannot combine with other discounts or insurance. See store for more details.

TUNNEL VISION
4 South Tunnel Road | Asheville
828.298.6500

EULOGY
A new music venue by Burial Beer Co.
10 Buxton Ave, Asheville

GRRL x Made of Oak

12.22

Free Show

Splash Blade

12.28

Nostalgianoid & Ideal Self

Scan for the full list of upcoming shows:

Follow on IG: @eulogyavl



STORYBOOK WALK: The third annual Winter Wonder Walk will run Wednesday, Dec. 27, to Saturday, Dec. 30, at The Adventure Center of Asheville, starting at 6 p.m. This live-action immersive storybook walk on an outdoor trail brings pages of a book to life alongside live characters. Families can also enjoy a holiday market, a kids' play area and concessions. Photo courtesy of Lauren Rivas

DEC. 20, 2023 - JAN. 4, 2024

For a full list of community calendar guidelines, please visit mountainx.com/calendar. For questions about free listings, call 828-251-1333, opt. 4. For questions about paid calendar listings, please call 828-251-1333, opt. 1.

- Online-only events
- More info, page 44
- More info, page 46-47

WELLNESS

Nia Dance Fitness
A sensory-based movement practice that draws from martial arts, dance arts and healing arts.
TH (12/21, 12/28, 1/4), 9:30am, TU (1/2), 10:30am, Dragon Phoenix, 51 N Merrimon Ave

Asheville Women's Breathwork Circle
A transformative and empowering women's circle where the power of our breath meets the strength and healing of sisterhood.
TH (12/21), 6pm, Well-Spring Wellness Center, Tunnel Road

Dharma & Discuss
People coming together in friendship to meditate, learn and discuss the Dharma. Beginners and experienced practitioners are welcome.
TH (12/21), 7pm, Quietude Micro-retreat Center, 1130 Montreat Rd, Black Mountain

Qigong for Health
A part of traditional Chinese medicine that involves using exercises to optimize energy within the body, mind

Free Zumba Gold
Fitness program that involves cardio and Latin-inspired dance. Free, but donations for the instructor are appreciated. For more information please call (828) 350-2058.
WE (12/20, 1/3), noon, Stephens Lee Recreation Center, 30 George Washington Carver Ave

Tai Chi for Balance
A gentle Tai Chi exercise class to help improve balance, mobility, and quality of life. All ages are welcome.
WE (12/20, 1/3), 11:30am, Dragon Phoenix, 51 N Merrimon Ave, Ste 109

Indoor Walk Party
Get moving with others as you start the day in the Stephens-Lee gym. For more info call (828) 350-2058.
WE (12/20, 27), TH (12/21, 28), FR (12/22, 29), 8:30am, Stephens Lee Recreation Center, 30 George Washington Carver Ave

and spirit.
FR (12/22, 29), TU (12/26, 1/2), 9am, SA (12/23), 11am, Dragon Phoenix, 51 N Merrimon Ave, Ste 109

Therapeutic Slow Flow Yoga
A blend of meditation, breathing and movement. All bodies, genders, and identities welcome. Bring your own mat.
SA (12/23, 30), 10am, Mount Inspiration Apparel, 444 Haywood Rd, Ste 103

Gentle Yoga for Queer & GNC Folks
This class is centered towards creating an affirming and inclusive space for queer and gender non-conforming individuals.
SU (12/24, 31), 1:30pm, W Asheville Yoga, 602 Haywood Rd

Mettā Meditation
In-person guided meditation focused on benevolence & loving-kindness. Beginners and experienced practitioners are welcome.
MO (12/25), 7pm, Quietude Micro-retreat Center, 1130 Montreat Rd, Black Mountain

Morning Meditation
Everyone is most welcome to join the sit; however no meditation instructions are provided.
FR (12/29), 7:15am, Quietude Micro-retreat Center, 1130 Montreat Rd, Black Mountain

Yoga for Everyone
A free-in person yoga class for all ages and abilities that is led by registered yoga instructor Mandy. Bring your own mat, water bottle and mask. Registration required.

SA (12/30), 9:30am, Black Mountain Presbyterian, 117 Montreat Rd, Black Mountain

Magnetic Minds: Depression & Bipolar Support Group
Free weekly peer-led meeting for those living with depression, bipolar, and related mental health challenges. For more information call (828) 367-7660 or email depressionbipolarasheville@gmail.com.
SA (12/30), 2pm, 1316 Ste C Parkwood Rd

New Year's Eve Morning Flow w/Chakra Balancing
With instructor Jamie, levels 1+. This class includes an extra 30 minutes of chakra balancing, while you lie back or sit in meditation. Registration is required.
MO (1/1), 10:30am, One World Brewing W, 520 Haywood Rd

Tai Chi for Beginners
This class for anyone interested in Tai Chi and building balance, whole body awareness and other health benefits.
MO (1/1), TH (1/4), 11:30am, Dragon Phoenix, 51 N Merrimon Ave, Ste 109

Tai Chi Fan
This class helps build balance and whole body awareness. All ages and ability levels welcome. Fans will be provided.
WE (1/3), 1pm, Dragon Phoenix, 51 N Merrimon Ave, Ste 109

Students
The first exhibition devoted to textile practices at Black Mountain College. Gallery open Monday through Saturday, 11am. Exhibition through Jan. 6, 2024. Black Mountain College Museum & Arts Center, 120 College St

Western North Carolina Glass: Selections from the Collection
Western North Carolina is important in the history of American glass art. A variety of techniques and a willingness to push boundaries of the medium can be seen in this selection of works. Gallery open daily, 11am, closed Tuesday. Exhibition through April 15, 2024. Asheville Art Museum, 2 S Pack Square

Public Tour: Intersections in American Art
Docent led tours of the Museum's Collection and special exhibitions. No reservations are required.
TH (12/21), 6pm, Asheville Art Museum, 2 S Pack Square

Lelia Canter: Explorations in Heritage & Nature
Canter's vibrant paintings depict Cherokee, Celtic, and Appalachian heritage with unique and informative illustrations of Appalachian history and culture. Gallery open Monday through Saturday, 8am. Exhibition through Dec. 30. Zuma Coffee, 7 N Main St, Marshall

Daily Craft Demonstrations
Two artists of different media will explain and demonstrate their craft with informative materials displayed at their booths, daily. These free and educational opportunities are open to the public. Open daily, 10am. Folk Art Center, MP 382, Blue Ridge Pkwy

Creating Textures: Focus Exhibition
This exhibition features the work of five Guild members: Michael Hatch, Valerie Berlage, Joseph Rhodes, Barry Rhodes, and Joanna Warren. Each artist will display their own respectable arts and crafts during this exhibition. Open daily, 10 am. Exhibition through Feb. 17, 2024. Folk Art Center, MP 382, Blue Ridge Pkwy

American Art in the Atomic Age: 1940-1960
This exhibition features works created during the 1940s-1960s. Much of the art during this time expressed the uncertainty of the era, often relying on automatism and biomorphic forms. Gallery open daily, 11am, closed Tuesday. Exhibition through April 29, 2024. Asheville Art Museum, 2 S Pack Square

In the Flow: The Art of Safi Martin
Martin involves pouring acrylic paints directly on the canvas, which conveys a celebration of flow, both in art and in life. Gallery open Monday through Saturday, 11am and Sunday, 1pm. Exhibition through Jan. 7. Flood Gallery Fine Art Center, 850 Blue Ridge Rd, Black Mountain

Beyond the Lens: Photorealist Perspectives on Looking, Seeing & Painting

ART

Weaving at Black Mountain College: Anni Albers, Trude Guermonprez & Their