

# *coming out of the dark*

## **processing the pandemic**

Join Maura Manzo for a workshop designed to give you the space to begin to explore and unpack all of that has happened in the last year and a half. Using stillness and movement, inquiry and conversation, we'll use our time together to feel into our experiences, create pathways towards healing and lay the foundation for the next stage of our being in post-pandemic life.

## **full details & upcoming dates**

### **Includes:**

- Live Interactive Session
- Taking Rest - Mini Yoga Nidra Practice
- Digesting the Pandemic – Yin Practice
- Discernment & Perception – Vinyasa Practice
- Cultivating Balance & Harmony – Basics Practice
- Here I Am Meditation and Journal Prompts

**Community Supported Pricing \$19 - \$39**

