

A WORKSHOP IN EMBODIED IMPERMANENCE:

LIGHTLY HERE

we are so



Join us to explore **the five remembrances**,
a collection of ancient contemplations on
impermanence. Together we will:

Saturday April 12th

6 - 7:30

Sierra Shanti Studio

- move & meditate
- reflect & share
- create a community where we can touch the nature of change, overcome our fears, and cherish the preciousness of life and relationships



Hosted by local teacher Miranda
Perrone in collaboration with
SIGHT Natural Burial Arts Center



\$20-30 SUGGESTED DONATION*

*if money is an insurmountable hurdle, just come
register: <https://sierrashanti.punchpass.com/classes/17126967>