

REIKI WITH MIRIAM

Reiki is rooted in ancient Japanese healing practices and is considered a form of energy healing. It stems from the Japanese words "rei," meaning universal, and "ki," meaning vital life force energy.

Miriam will offer 5 individual 20-minute sessions. In your Reiki session with Miriam, you can expect to start with gentle breathwork and quiet healing music to welcome relaxation and calm.

Benefits of Reiki

1. Deep relaxation that supports the body to release stress and tension
2. Promotes harmony & balance
3. Supports the release of energy 'blocks' promoting natural harmony between mind, body and spirit
4. Anchors in the present moment
5. Enhances sleep quality
6. Boost the body's self-healing ability
7. Helps relieve pain, eases discomfort
8. Nurtures Spiritual Growth
9. Compliments medical treatment & other therapies

Pay What You Can - \$5 Suggested Donation
All Are Welcome



📅 Friday, November 14th

Available Time Slots:

- 🕒 From 11am to 11:20am
- 🕒 From 11:30am to 11:50am
- 🕒 From 12pm to 12:20pm
- 🕒 From 1pm to 1:20pm
- 🕒 From 1:30pm to 1:50pm

📍 [In-Person Only]
1477 Park St, Suite 102
Hartford CT, 06106

Sign up in person at Toivo or
via email at
kostensen@toivocenter.org



TOIVO IS A CENTER FOR HOLISTIC HEALING. TOIVO IS THE FINNISH WORD FOR "HOPE".

TOIVO IS AN INITIATIVE OF ADVOCACY UNLIMITED – WHICH IS INTENTIONALLY CO-CREATING AN ORGANIZATIONAL CULTURE THAT IS UPHELD BY THE 3 PILLARS OF CHOICE, PERSONAL AGENCY, AND INFORMED CONSENT. OUR APPROACH IS GUIDED BY THE 5 PRINCIPLES OF CULTURAL HUMILITY, RECOVERY ORIENTATED, GENDER AFFIRMING, TRAUMA-RESPONSIVE, AND PERSON-CENTERED.

AS A PEER RUN ORGANIZATION, OUR TEAM USES THEIR DIRECT LIVED EXPERIENCE NAVIGATING MENTAL HEALTH, ADDICTION, AND TRAUMA TO PROMOTE INDIVIDUAL GROWTH, HUMAN RIGHTS, AND SYSTEMS TRANSFORMATION.

TOIVO OFFERS A SACRED SPACE TO EXPLORE HOLISTIC HEALING THROUGH A VARIETY OF MODALITIES. WE BELIEVE THESE INTENTIONAL PRACTICES ACT AS A CATALYST TO HEALING THE WHOLE SELF, AND THE COLLECTIVE COMMUNITY.

OUR OFFERINGS ARE DONATION BASED. ANY MONETARY CONTRIBUTIONS ARE APPRECIATED, HOWEVER NO ONE IS TURNED AWAY FOR A LACK OF FUNDS. YOUR PRESENCE IS ENOUGH.

(860) 296-2338
CONNECT@TOIVOCENTER.ORG
TOIVOCENTER.ORG

COME AS YOU ARE

NOVEMBER 2025 OFFERING CALENDAR



1477 PARK ST SUITE 102
HARTFORD, CT

NOVEMBER 2025

- KEY CODE
- Y12SR = YOGA FOR 12 STEP RECOVERY
 - HVN = HEARING VOICES NETWORK
 - * = BILINGUAL AS NEEDED/BILINGÜE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<u>Scan here to register for in person offerings!</u> 				1 9:30-11am Valley Qigong and Tea (In-Person & Virtual) 12:30-2:30pm Sage Circle
2	3 9:30-10:30am Move! 12:30-1:30pm Walk & Talk 3:30-4:30pm Caring Connections (On Zoom)	4 10-11am Yoga	5 2-3pm Healing Through the Art of Music 3-4pm HVN	6 9:30-10:30am Phoenix Yoga & Meditation	7	8 9:15-11am Y12SR with Phoenix CT 1-2:30pm The Nourished Mama - A Motherhood Circle
9	10 9:30-10:30am Move! 10:30am-12pm Cooking Through the Seasons: Sweet Treat 12:30-1:30pm Meditation Meets Art: Gratitude (On Zoom) 3:30-4:30pm Caring Connections (On Zoom)	11 Closed in observance of Veterans Day	12 2-3pm Building Connections Through the Pages 3-4pm HVN	13 9:30-10:30am Come As You Are Yoga 2-3pm Zumba * 3-4:30pm Peer Gathering Space 6:30-8pm A Little Bit of Death	14 11am-2pm Reiki with Miriam 3-4pm Intentional Reading *	15 9:30-11am Valley Qigong and Tea (In-Person & Virtual)
16	17 9:30-10:30am Move! 12:30-1:30pm Craft & Connection: Fall Leaf Painting 3:30-4:30pm Caring Connections (On Zoom)	18 10-11am Yoga 12-1pm Breathwork for Recovery (In-Person & Virtual)	19 10-11am Mindful Movement (On Zoom) 2-3pm Healing Through the Art of Poetry & Journaling 3-4pm HVN	20 9:30-10:30am Phoenix Yoga & Meditation 12:30-2pm Mixed Media Painting * 2-4:30pm Monthly Movie Matinee	21 3-4:30pm Intentional Writing & Art * 6:30-8pm Sound Healing	22 9:15-10:30am Phoenix Community Yoga 1-2pm Peer Grief Support Group
23	24 9:30-10:30am Move! 12:30-1:30pm Meditative Coloring: Gratitude 3:30-4:30pm Caring Connections (On Zoom)	25 10-11am Phoenix Yoga & Meditation 6-7pm Qigong & Sound	26 2-3pm Building Connections Through the Pages (On Zoom) 3-4pm HVN	27 Closed for Days of Restoration	28 Closed for Days of Restoration	29