

Feeling Overwhelmed?

*Join us for
Nervous System Regulation
and Gentle Movement*

*Thursdays at 7pm on Zoom
Participation is free*

Meeting ID: 2241277364

Passcode: 4567445!

This will be a safe space where we may connect and come home to ourselves. Practice may be done from a seated position, with options to stand for moving meditations.

*Facilitated by Justine Potenzo,
RYT500, Somatic Mindfulness Coach*

Sponsored by

DRUG CRISIS
IN OUR BACKYARD