

Spiritual Practices During a Time of Social Isolation

An Online Event with Lyndall Hare

March 25, 2021

10.00am to 2:00pm

Suggested donation: \$50

During our time together exploring Spiritual Practices during a time of Social Isolation, we will be:

- Making the distinction between social isolation and loneliness
- Exploring mental and physical health risks of social isolation
- Reinforcing practices we already do, and have enhanced and deepened, during Covid.
- Exploring other contemplative practices that can help.