

the Wind in the Sand

SOMATIC WORKSHOP SERIES

Deepen your inner knowing through embodied, playful exploration of a different theme each month!

First Fridays, October-April, 7-9 pm

Hosted at Community Yoga in Greenfield, MA



We will journey through the darkest months together, exploring guided activities and embracing the magic of collective wisdom and co-creation. Anyone who wants to bring greater self-awareness, authentic self-expression, or more joy and presence into their life is invited.

More Info

Sliding scale registration. Register for the whole series to get all 7 workshops for the price of 6!

For full description, monthly themes, and registration, go to tiny.cc/thewindinthesand



Facilitators

Heather Kuhn, MA, LMHC, MSMT, is a somatic psychotherapist and dance/movement therapist who specializes in working with adults who experienced childhood abuse and neglect.

Emma Daley (she/they), MA, is a somatic psychotherapist and a consent and sexuality educator who is passionate about helping people lead full, authentic, joyful lives.

"The mind is like the wind and the body like the sand: if you want to know how the wind is blowing, you can look at the sand." - Bonnie Bainbridge Cohen