



THE LIVING ROOM COLLECTIVE

ONLINE HEALING COMMUNITY CLASSES

SEPTEMBER 2020



MONDAY

9:30AM - 10:30AM - Kundalini Yoga - Christa Reynolds

TUESDAY

9:00AM - 9:50AM - Harmonize Your Life From Within - Saša Bencina

10:00AM - 11:00AM - Nature Connected Forest Bathing - Kim Bellisimo

6:30PM - 7:00PM - Chakra Clearing - Christa Reynolds

7:30PM - 8:30PM - Somatic Practices for Grounding & Stabilizing the Nervous System - Lora Stone

WEDNESDAY

10:30AM - 11:30AM - Movement Medicine: Attune to your Body, Breath & Heart - Saša Bencina

2:30PM - 3:30PM - Conscious Embodiment - Forest Franken

5:00PM - 6:00PM - Yoga Nidra: Deep Relaxation - Oana Lansman

THURSDAY

9:00AM - 10:00AM - Connect to the Wisdom of your Heart - Saša Bencina

1:00PM - 2:00PM - From Chaos to Creativity: An EnergyWorks Workshop - Kim Bellisimo

4:00PM - 5:00PM - Balancing Your Energy with the Five Elements - Lora Stone

7:00PM - 8:00PM - Therapeutic Soundbath - Mera Mu

FRIDAY

9:00AM - 10:00AM - Medicine from the Soul Breath & Meditation - Oana Lansman

10:30AM - 11:30AM - Feminine Wisdom Circle: Embodying your Light - Saša Bencina

4:00PM - 5:00PM - Worshipping the Divine Feminine - Lora Stone

We are continuing to support our healing community by offering many online classes for free or by donation. All classes take place in Pacific Standard Time. Please, visit our website for more information.

www.thelivingroomcollective.com

WEEKLY CLASSES • WEEKEND WORKSHOPS • SPECIAL EVENTS • COMMUNITY EDUCATION

2 El Paseo Lane, Mill Valley, Ca 94941