

# OCTOBER 2020 · ONLINE HEALING COMMUNITY CLASSES

## MONDAYS

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

5:30 - 6:30 PM - Find True Happiness Within: Wisdom Teachings on Your True Nature with Saša

## TUESDAYS

9:00 - 10:00 AM - Morning Heart Meditations: Embody Your Essence + Empower Your Life w/ Saša

10:00 - 11:00 AM - Nature Connected Forrest Bathing with Kim Bellisimo

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

## WEDNESDAYS

12:00 - 1:00 PM - Self-Healing Meditation with Live Music with Saša Benčina

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

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

## THURSDAYS

9:00 - 10:00 AM - Morning Heart Meditations: Embody Your Essence + Empower Your Life w/ Saša

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

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

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

## FRIDAYS

9:00 - 10:00 AM - Medicine for the Soul: Breath + Meditation with Oana Lansman

12:00 - 1:00 PM - Ayurvedic Wisdom for Mental Clarity & Physical Wellbeing with Oana Lansman

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

We are continuing to support our healing community by offering many online classes by donation. All classes take place on West Coast Time. Please [thelivingroomcollective.com](http://thelivingroomcollective.com) for more information.

WEEKLY CLASSES · WORKSHOPS · SPECIAL EVENTS · COMMUNITY EDUCATION

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