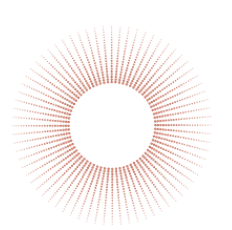
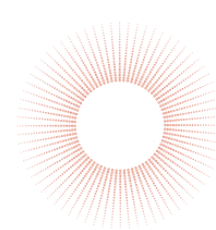


THE LIVING ROOM COLLECTIVE



NOVEMBER 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

8:00 - 9:00 PM - Peaceful Sleep with Denise Aubin

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

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

6:00 - 7:00 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

10:30 - 11:30 PM - Beginning Mantra Meditation with Lora Stone

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

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

10:30 - 11:30 AM - Spiritual Coaching & Group Healing Transmission with Lora Stone

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

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 for more information.

WEEKLY CLASSES · WORKSHOPS · SPECIAL EVENTS · COMMUNITY EDUCATION

2 El Paseo Lane, Mill Valley, CA 94941