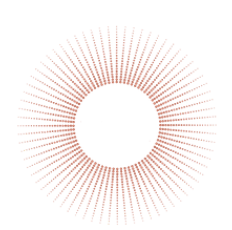
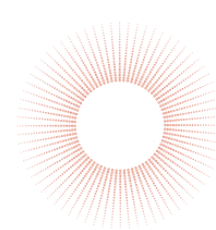


THE LIVING ROOM COLLECTIVE



## FEBRUARY 2021 · ONLINE HEALING COMMUNITY CLASSES

### MONDAYS

5:30 - 6:30 PM - Movement Medicine with Saša Benčina

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  
with Saša Benčina

7:30 - 8:30 PM - Somatic Practices for Grounding & Stabilizing the Nervous System  
with 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  
with Saša Benčina

6:00 - 7:00 PM - Mantra Meditation with Lora Stone

### FRIDAYS

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

12:00 - 1:00 PM - Self-Healing QiGong 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. For more information, visit [thelivingroomcollective.com](http://thelivingroomcollective.com)

WEEKLY CLASSES · WORKSHOPS · SPECIAL EVENTS · COMMUNITY EDUCATION

2 El Paseo Lane, Mill Valley, CA 94941