

SURVIVORS OF SPIRITUAL ABUSE

Healing Workshop

SATURDAY, JANUARY 21 | 12:00PM - 2:00PM
HEARTWOOD CENTER

Walking a path of healing from spiritual abuse can be a very difficult and lonely path. Come join us for time together to deepen our healing through movement and mindfulness.

MINDFULNESS WITH HINA PITRODA



Hina is a compassion based mindfulness meditation teacher and a board certified health coach. Her work also involves breathwork and laughter yoga. As a BIPOC, having lived in three different countries, Hina brings a lived experience of mindfulness, diversity and inclusiveness. Find out more at:

BloomAndBelong.com

I welcome you to join me as I lead you through meditations to reconnect with yourself and find acceptance and allowance within your personal window of tolerance. Practicing compassion for yourself with kindness and visualization, you can plant the seeds of awareness to bring calm and acceptance.



YOGA WITH SARAH WESTBROOK

Sarah is a C-IAYT Yoga Therapist who helps clients move through and beyond pain. As a survivor of abuse, Sarah finds refuge and deep healing through movement; she believes everyone has the right to feel safe and at home in their body.

Find out more at:

YogaTherapywithSarah.com

Reclaim how you choose to participate in shared sacred places. Rebuild trust in collaboration with other seekers. Let's use yoga and embodied movement to find this steady ground. The yoga portion of this practice will include gentle options to meet how much or how little you prefer to move, including seated options.

THIS WORKSHOP WILL MEET IN PERSON AND VIRTUALLY. ZOOM LINK TO BE EMAILED WITH REGISTRATION.
DONATIONS ACCEPTED.



LEARN MORE + REGISTER

Nancy Floy | (847)491-9858
nancy@heartwoodcenter.com

OUR LOCATION

1818 Dempster Street
Evanston, IL 60202