



FAMILY NURTURING CENTER

October, November and December 2021

Wellness & Holistic Classes

Trauma and adversity impact our whole being – physical, emotional, and spiritual. Holistic support and wellness activities provide an integrated approach to healing, offering innovative ways to reduce stress, build resiliency and feel better.

Please Register at: www.familynurture.org
CLASS DESCRIPTIONS AVAILABLE ONLINE

Healing Meditation and Music with Tisa

Mondays, 6:30-7:30 PM-Virtual on Zoom
October 18, 25 November 1, 8, 15, 22, 29
December 6, 13, 20, 27

Each week we will explore proven methods to heal, feel more calm, contemplate, meditate – and also enjoy some live music together. Each class is a stand-alone event. Join whenever you are able & let go of some stress and worry!

Resolving Conflict with the Enneagram

Tuesdays, 6:30 p.m. to 8:00 p.m.-Virtual on Zoom
November 2-December 14

The Enneagram offers us a process for resolving conflict. The ability to “respond”, stay open and transparent can be learned, encouraged & nurtured when we use the Enneagram as a processing tool. This is a fast paced, fun class that gives you new immediately useful skills.

STILL-Brief Mindful Retreats for Calm and Clarity

Wednesdays, 6:00-7:00 PM-Virtual on Zoom
November 3-December 15

These sessions allow you the time and space to rest and reset your body, mind, and spirit. Experience moments of inspiration, meditation, and contemplation through inspirational readings, guided meditation, and introspective journaling that brings feelings of connection, clarity of thought, and rejuvenation of energy.

WORTH IT!

Exploring Holistic Self-Care for Teens
Thursdays, 5:30-7:00 PM-In-person at
Family Nurturing Center
November 4 & 11

In this small group workshop series, we will explore holistic wellness practices in a safe, supportive environment that will allow you to tap into healing at your own pace.

THURSDAY MORNING ONLINE EXPRESS YOGA,
Every Thursday in October, November, December
7:30-8:00 A.M.-Virtual on Zoom

Classes are provided at no cost to participants.

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