



FINDING RESILIENCE AND SUPPORT IN TIMES OF COVID UNCERTAINTY

In March 2020, Covid19 changed our world. For many, the shift has been stressful, scary, disorienting, and unbalancing. The usual ways we take care of ourselves feel insufficient and may no longer be available to us. The future is full of uncertainty and seems out of our control. Nevertheless, when we look back at our lives, we can also discover that some of the greatest learnings and most dynamic periods of personal growth occur at the edge of the unknown.

In this class, we will create a supportive atmosphere and learn mind/body tools for developing resiliency, finding meaning in uncertain and unwanted situations in order to ease stress, connect with our deeper wisdom and untapped resources, and accelerate personal growth.



Herb McDonald has had a lifelong fascination with awareness and how the body and mind connect. He has many years of experience teaching Iyengar Yoga, as a clinical herbalist, and facilitating individuals, couples, and groups. He has an Advanced Diploma in Process Work Facilitation.

Marissa Seiler is a queer, mixed-race Chinese facilitator with a passion for studying ancestry, power dynamics, and personal growth. She has an Advanced Diploma in Process Work Facilitation.

August 29th, 2:00-4:00 pm MDT

\$5 equity price, \$25 full price