ACCESSIBLE MOVEMENT-BASED WELLNESS PRACTICES

MONTHLY | TWO-HOUR SESSIONS

Monthly opportunities to engage in restorative/yin yoga, somatic practices, breathwork and meditation. These 2-hour sessions are guided by experienced and certified facilitators from The Ohio REST Collective. Each practice will include time for making connections, supporting insights, and holding inspiration.

OBJECTIVES:
• Increased understanding of the ways chronic and/or daily stress impact our ability to connect & create
• To experience collective rest and mutual belonging.
• Identify and practice tools that can be used in real time to navigate and calm stress response.

COMMUNITY-BASED APPROACHES TO REST & WELLNESS

BI-MONTHLY | 90-MINUTE SESSIONS

A bi-monthly series led by community practitioners and facilitators to cultivate conversation and community focused on rest, wellness, and healing. Topics can include, but are not limited to, business planning, time management, navigating creative blocks, entrepreneurship, community relationships, etc.

OBJECTIVES:
• Increased understanding of the ways chronic and/or daily stress impact our ability to thrive.
• To experience collective rest and mutual belonging.
• Identify and practice tools that can be used in real time to navigate and calm stress response.

All workshops will be held at Replenish: The Spa Co-Op
124 S. Washington Ave.
(in the carriage house yoga studio)

FREE No Registration Required

2024 HOLISTIC WELLNESS PROGRAM
PRESENTED BY
The Ohio REST Collective + GCAC

Daydreams & Visions
Friday, Feb. 23 | 3–4:30 p.m.
Building Capacity and Resiliency
Friday, April 19 | 4–5:30 p.m.
Feel Your Fire: Righteous Rage & Release
TBD
Caring for Your Inner Circle
Friday, Aug. 16 | 4–5:30 p.m.
Landing Softly
Friday, Oct. 25 | 5–6:30 p.m.
Let it Flow: Moving with Grief
TBD

GCAC Workshops
The Ohio REST Collective
Replenish: The Spa Co-Op

GCAC.org/For-Artists/Workshops/
TheOhioRESTCollective.com
ReplenishWith.us