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 build community and 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