



### **Inhale-Exhale-Repeat: Simple Self Care for Deeper Connection.**

A deep breath in full of energy and vigor nourishing yourself. A deep breath out into the fullness of life. Particularly during the Dark Time of the year, there is a natural urge to draw into the Cave of the Heart for renewal, dreaming, and rebirth. In the rush of daily life, especially during the Holidays, we may find ourselves breathlessly taking in constant stimulation and needing to honor the quiet going-within-time of winter.

It is particularly sweet to gather, pause, and move within through simple self-care rituals, reducing stress, deepening rest, and coming home to our own heart and dream. Moreover, ***this pause enables us to connect with others from a place of deeper connection to self.*** Join *Sulis* for an evening of simple practices using breath, movement, stillness, sound, and everyday things you probably have around the house to pause, renew, and return to the present. Inhale. Exhale. Repeat.

Sunday, November 28<sup>th</sup>, 2010. 4-6pm, The Sacred Well, 536 Grand Avenue Oakland, CA 94610-3515 (510) 444-9355. [www.sacredwell.com](http://www.sacredwell.com) Please call the Sacred Well to Register.

By donation: (Suggested donation \$15-20, no one will be turned away for lack of fees)



More about the facilitator: *Sulis Sarasvati, RPP*, is a mover, shaker, teacher, yogi, healing artist, ordained minister, and a wandering mystic currently in town from Santa Fe, NM. She has a life long journey towards freedom, love, and self-realization, and delights in facilitating experiences that lead to increased awareness and embodiment.

See [www.laughingtreespace.com](http://www.laughingtreespace.com) for more Resources for Embodied Living.