

Letting Go to Liberate: A Exploration into the Mystery of Death and Rebirth

-with Elysabeth Williamson / Sunday, Jan 29th

Death is not the opposite of Life but an aspect of it. This workshop is a rare and unique opportunity to explore our relationship with this great mystery.

Finding the courage to directly contemplate death, both as a metaphor and eventuality, supports us in recognizing the eternal nature of our Life.

As we connect with this deeper aspect of our being, we are inspired to live our lives with greater joy and fearlessness.

Included in this sacred space will be deep self-inquiry, journaling, a guided meditation of Savasana and contemplating what wants to be born in your life at this time.



Platform: Zoom

**Two sessions: 11am - 1pm
& 2:30 - 4:30pm (mountain time)**

Fee: \$65

Payment through Venmo:

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Elysabeth Williamson is the founder of Principle-Based Partner Yoga and the author of 'The Pleasures and Principles of Partner Yoga'. She has been a lifelong explorer of what it means to be fully human and is currently writing her second book entitled 'Becoming Fully Human: How Learning to Feel Saved My Life'