

Becoming Fully Human: Living in Forgiveness and Gratitude

-with Elysabeth Williamson and Valerie Immore
May 19 - 21 / 4 Sessions / \$195 weekend / \$60 per session

Register: www.SundanceYoga.com

Join us for this enlightening four-part series on becoming more fully human through deepening our capacity to live in forgiveness and gratitude.

Friday PM

Combining Yoga, meditation and deep self-inquiry to transform emotional pain and to reconnect with our shared humanity. Come away with simple, effective practices to release stress and bring more grace and ease into your life. (2.5hrs)

Saturday AM

Through transformational conversation, journaling and deepened self-awareness we explore the power of forgiveness to liberate us from the past. As we practice letting go, our hearts naturally open bringing more grace and gratitude into our lives. Bring journal. (3hrs)

Saturday PM

How do we transform long held pain and resentments into wisdom and compassion? How does forgiveness connect us to our divinity? This session is a deeper dive into what it means to live in forgiveness. (3hrs)

Sunday AM

In this session, we explore a deeper understanding of the power of gratitude, and how gratitude brings greater peace, joy and abundance into our lives. Using meditation, movement and journaling, we celebrate our human experience. (3hrs)