



FAMILY NURTURING CENTER

●SPECIAL ONLINE SOCIAL DISTANCING EDITION●
July 2020 Wellness & Holistic Classes

Trauma and adversity impact our whole being – physical, emotional, and spiritual. Holistic support and wellness activities provide an integrated approach to healing, offering innovative ways to reduce stress, build resiliency and feel better.

Please Register in Advance to Receive Email Links for Classes
www.familynurture.org or email l-a.stopa@familynurture.org
Full Class Descriptions Available Online

Online Morning Yoga with Sara

Tuesdays, 7:30 —8:30 a.m.

July 7, 14, 21, 28

Thursdays, 7:30—8:30 a.m.

July 2, 9, 16, 23, 30

Dance Around the Globe with Ms. Ernaisja

Saturdays, 11 am—12 pm

July 11, 18

Each week, kids and their grown-ups will learn about a different country and its cultural dance. Right from their homes, they can safely "travel" to Guinea, India, Italy, & Cuba!

Meditation With Tisa

Finding Your Authentic Spirituality

Sundays 11:00 am -12:30 pm

July 5, 26

In this series, we will explore 3 ancient & traditional spiritual paths: Buddhism, Shamanism & the Sacred Feminine using readings & talks, experiences, practices & music. Please join us for this journey into the Mystic!

Calm & Resilient

Mondays 6:30 - 7:30 pm

July 6, 20, 27

In these difficult times resilience is no longer a luxury. We will discuss the physical, mental, emotional & spiritual aspects of resilience & learn skills for coping & calming. for healthy humans!

Guided Meditation & Mindfulness Meditation

Wednesdays 6:30 to 7:30 pm

July 8, 22, 29

Learn guided meditation for relaxation, feel calm & centered & find your happy place.

Nourish: Ayurveda & Emotions

Tuesdays, 6:30-7:30 pm

July 7, 14, 21, 28

If you find yourself yo-yo dieting and never achieving or sustaining results, then this program is for you.

The only way to create long-term, sustainable results is by listening to your own body, healing trauma and creating a lifestyle that FEELS good to you.

In this program you will discover your body type and the best foods to nourish your unique body. Dive into the emotions and beliefs that are keeping you from the lifestyle you desire.

Integrative Wellness With Kami

Wellness & Healing: Authentic Transformation

Thursday evenings, 6:00-7:30 pm

July 2, 9, 16, 23, 30

In this workshop, you will have the opportunity to:

1. Explore the concepts of love, forgiveness, grace and gratitude and the impact they have on our lives.
2. Utilize the concept of introspection to identify blockages and barriers in their lives that hinder true change.
3. Learn ways to weave the concepts into daily life to create space for authentic transformation.

These classes are provided at no cost to participants.

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