



Lasting Learning for Less Stress & More Joy

1



Coming Home to the Present

Slow down and notice what is happening within and around you. Cultivate basic awareness and gently reconnect with the present moment. Start learning how to reduce stress and increase emotional regulation. Use what you learn in daily life.

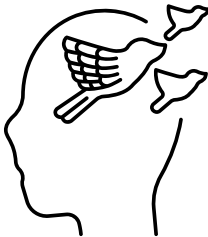
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Cultivating Self-Compassion

Self-criticism and shame can undermine your well-being. Learn evidence-based self-compassion practices that help you develop a more nurturing inner voice. Increase your ability to recover from difficulty and face challenges with courage.

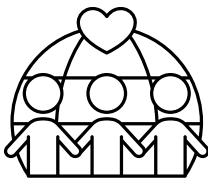
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Meeting this Moment for Collective Liberation

Lasting change in our communities begins with awareness and care. Understand how your internal healing contributes to external action, making space for justice work that is sustainable, relational, and grounded.

4



Healing in Community

Learn to support emotional awareness and regulation, while emphasizing the importance of collective care. Simple, trauma sensitive practices can be used in moments of distress. Reflect on how healing is often strengthened through community connection.

5



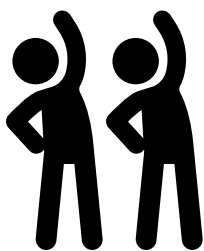
Reclaiming Delight and Joy

Joy is not just a fleeting emotion; it can be a powerful force for healing and resilience. Notice and nurture moments of delight and understand joy as a practice that strengthens both the individual and the collective.



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Moving for Grounding and Vitality

Many people live disconnected from their bodies, especially those who have experienced trauma, chronic stress, or health challenges. Rebuild body awareness, release tension, and reconnect with your physical self in a safe and empowering way.

7



Responding vs. Reacting

Self-criticism and shame can undermine your well-being. Learn evidence-based self-compassion practices that help you develop a more nurturing inner voice. Increase your ability to recover from difficulty and face challenges with courage.

8



Navigating Change and Uncertainty

Life transitions, health crises, and social upheaval often leave people feeling unmoored. Explore techniques to cultivate a steadying force amid external change.

9



Centering Silent Retreat

A meaningful silent collective experience, guided by an instructor. Workshop participants often find that in retreat, they deepen the skills and practices they have learned. Activities include meditation, gentle movement, and silent reflection.



Contacting Us

City of Worcester residents are eligible to enroll in workshops for free. Ask us if you qualify.

Book one or more workshops at your employer, community group, school, or church, or join a wait-list community for individual participants.