

Reignite Your Fire!

Sun., May 26, 2024 12:30p - 2:30p PST

**A WORKSHOP OF SELF-DISCOVERY & SELF CARE
FEATURING STEPS 4 AND 11**

**WORKSHOP ACTIVITIES WILL INCLUDE:
GUIDED VISUALIZATION / MEDITATION
GUIDED JOURNALING & MOVEMENT ACTIVITIES**

**EVENT WORKSHEETS WILL BE EMAILED TO YOU
WITH YOUR CONFIRMATION.**

**DURING THE EVENT BRING YOUR PRINTED WORKSHEETS,
A WRITING UTENSIL, A YOGA MAT OR BEACH TOWEL
AND WEAR COMFORTABLE CLOTHING.**

Suggested Donation \$15

No one will be turned away for lack of funds.

To register, contribute and get the Zoom info,

Click here to send an email to

mecmusicca@gmail.com

Or copy this email address:

mecmusicca@gmail.com

[send an email to mecmusicca@gmail.com](mailto:mecmusicca@gmail.com)

Sponsored by Oakland and Berkeley, CA, Saturday Visions and Sunday ESH groups.

**We are raising funds to send our General Service Representative
to the DA World Service Conference in Ottawa, Canada in August.**