

The Transformative Power of Embodied Ritual (Women's Work and Empowerment Series)

Dates: May 21-23, 2021

Times: Friday 6-9pm, Saturday 9-5pm, Sunday 10-1:00pm



COURSE DESCRIPTION:

For thousands of years, cultures around the world have created and preserved rituals. This fundamental aspect of expression and community has been largely lost in our fast paced and fragmented modern existence, especially the rituals by and for Women. Let us reclaim and restore the lost art and practice of ritual making. Many of us long for a way to go through our day-to-day lives more intentionally and with whole-heartedness and reverence. As we face the immensity of what's happening in our world at this critical time and recognize our growing need for connection, rituals can help us find meaning and a sense of purpose and belonging.

Together we will slow down, pause and attentively attune to our breathing, as we ground and listen from full presence. We will learn to design altars and ceremonies, using our voices, group generated experiments and aligning with the rhythms of nature while bringing the sacred to the every day – deepening the intimacy with our sensual authority. Through relational mindfulness and movement, we are inspired to create replenishing Earth and Moon rituals,

supporting us as we awaken compassionate presence in our work and all of our lives.

Personal and planetary rituals allow us to savor the textures of our human experience as well as reminding us of the profound interconnectedness of all things. As we step into the transformative power of embodied ritual we artfully and collaboratively navigate our beautiful and challenging world and our role within it.

Participants completing this training will be able to:

- Discuss the importance of having ritual in their daily lives
- Create altars that are relevant and meaningful to some life's occasion or celebration
- Integrate the cycles and rhythms of nature into ritual making
- Utilize rituals in their communities
- Express the value of slowing down and its influence on the work
- Describe how the interdependence of all things informs altar and ritual making

TEACHING FACILITATOR(S):


Gayla Feinstein, LCSW

Register on our website:

<https://www.gestaltcleveland.org/workshops-training/ritual>

Fee: \$336.00 Early Bird: \$300.00 (before 4/16/21) - use promo code: RITUAL **Continuing Education:** 12.0 CE hours | **Location:** Online

REGISTER TODAY!
Online or give us a call!

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