

Sacred Motherhood Restorative Practice

2019 Suggested Schedule and Themes

The dates below are for Sundays. Saturdays can work too if that flows better for your space. It's okay if you cannot host all the dates. I am open to bringing this offering to multiple locations in the Dayton area.

WINTER 2019	SPRING 2019	SUMMER 2019	FALL 2019
1/27 Connection: a bond like no other	4/28 Mindful Mothering: cultivating presence	7/28 Nurture: filling your cup	10/27 Walking Your Path: trusting in your way
2/24 Empowerment: your presence is your power	5/19 ImPERFECTION: no mud, no lotus	8/25 Tears + Fears: mothering through the emotions	11/18 Gratitude & Abundance: celebrating your bounty
3/24 Loving Kindness: right speech + right action	6/23 Sacred YES, Holy NO: boundaries	9/22 Nurture: filling your cup	12/16 Nest: weaving a sacred home



Sacred Motherhood Restorative Practice is a cathartic experience of gentle yoga and compassionate self-discovery. Mamas experience four uninterrupted hours to practice showing up for herself unapologetically and authentically. Together we mindfully move our bodies and hearts to soulful music, self-discover through inspiring journaling prompts, dive deep into amazing dialogue, explore self-love and personal growth, tap into our creativity with a sacred craft related to the class theme, and access our spiritual essence through sacred ceremony. In this sacred container together, we really get to unravel and re-connect with who we truly are. When our inner wells are full we are resourced, and available to care for our loved ones from a place of wholeness.