

Rekindle the Spirit

How to Regain Our Sense of Self and Community Post-Pandemic

For Parents, Teachers, 7-12th Grade Students and Professionals in the Native American Community

Monday, October 2 & Tuesday October 3, 2023

SAVE THE DATES! Space will be limited to 75 ADULTS and 75 STUDENTS

This gathering is arranged to appreciate the truth of the pandemic as a shared experience of chronic distress and to offer steps forward toward ease and renewal. Our exploration will unfold in a 3-part sequence:

BENEATH Session 1: Personal Wellness

Beneath our skin, within the very essence of the body, a cascade of stress-driven changes has occurred for many months. Each of the three breakout sessions offers a guided opportunity to reset the physical self. All participants will be able to explore each of the strategies to soothe the nervous system and deeply relax.

BETWEEN Session 2: Building Relationships

Good relationships are vital to well being and longevity. The Pandemic forced us into isolation with all levels of social connection disrupted. We will step into the effort and skills to rekindle communication and nurture our bonds with each other.

BEYOND Session 3: Connecting with Spirit

We will look beyond our usual perspective to a collection of experiences that bring each one of us a sense of our own unique place as part of the greater good.

*A personal retreat brought to you by
Sundance Educational Consulting and
Dr. Martha Carmody, Clinical Psychologist*



Keynote Speaker: _____



Malcolm Bowekaty,
*Former
Zuni Pueblo Governor*



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