



LIFE
AS
MEDICINE
Circle of Indigenous Healing Arts

STILL
somatic mindfulness inquiry

Strength and Resilience in Turbulent Times

Saturday May 3 10:30 to 4:30 In Person or Zoom

Grounding and Regulation, Calming Anxieties and Fears
for Women and nonBinary folx, with Fyre Jean Graveline and Lynn Fraser



Recognizing Collective Trauma
Art by Fyre Jean Graveline

All of us are experiencing higher levels of Fear and unCertainty right now. Join us for a day in Community to relax, nourish ourselves and each other, and recover Hope and Connection.

Fyre Jean opens our day together with Smudge and Ceremony. Lynn will weave in somatic inquiry and nervous system regulating practices to ground and settle us. Our muscles soften and we all breathe easier.

Our noon Feast together begins with a Spirit plate offering to our Ancestors and a group experience of mindful eating, expressing our Love and Gratitude for Earth Mother.

Our afternoon of Arting, sharing, Lovingkindness and Wisdom will bring us to our closing Circle of Connection and Song.

Dr Fyre Jean Graveline: Two-spirit resilient survivor, a Métis Grandmother, healer, heARTist, activist, educator with.in an Indigenous, eco-arts-based lens. LIFEasMedicine.ca

Lynn Fraser: queer elder white - supports people in healing trauma through somatic inquiry, meditation, and strengthening the nervous system. LynnFraserStillpoint.com

Location: Old School in Musquodoboit Harbor, NS (1/2 hour east of Halifax)
Wheelchair accessible Register early as there is a limit of 20 people in person
Price is \$139 to \$199. Some scholarships are available.

This is a fundraiser for Fyre Jean's new book All Healing Heals All

Bring a yoga mat for relaxation practices and a journal for reflections

Details and registration: email lynnfraserstillpoint@gmail.com.