

HELD & MAIN STREET MAMAS

*join virtually
or in person*

a series for new (m)others

Held: Navigating the Journey into M/otherhood

A 5-week series of gatherings incorporating yoga, somatic exercises, reflective writing, and conversation to help those in the first tender years of motherhood to restore, reclaim, orient and integrate in the face of this dynamic life transition.

Wilder Arts * Only Good Messes

For kids ages 0-5; 3+ can be dropped off. **Only Good Messes** is an introduction to hands-on materials, where students will create lasting artworks using different techniques and media—acrylic pours, clay sculpting, plaster casting, wood sculpture, & weaving. Through this sensory work and experience, children learn how to build and create preparing them for future STE(A)M, hands-on learning.

Five Fridays

10:15–11:45am

October 25 –

November 22

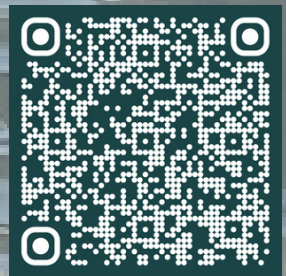
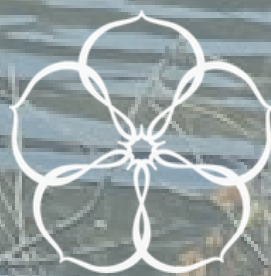
self-care

upstairs

hands-on

projects

downstairs



Questions? Contact Devon at dparishyoga@gmail.com