



# Soul Care

## for the Spiritual Journey

**Cultivating Practices for these Tumultuous Times**

We hope you will join us for this 8 week Zoom Program designed to help you discover your inner resources for healing your body-mind-heart, managing stress, learning communication skills, & building community as we move through our uncertain world.

### Together we will

Invoke Inner Wisdom  
Practice Healing Techniques  
Discover Wise Communication Strategies  
Enjoy Newfound Community and Much More



**Sessions run on 8 Thursdays**

**6:30 - 8 pm ET on Zoom**

**Beginning on September 19**

**and will begin on time**

**Join Us and tell your friends!**

- September 19** Invitation to the Soul Care Journey
- September 26** Meditation: Discovering and Exploring Stillness
- October 3** Soothing the Body Energy
- October 10** Journey into the Awakened Heart
- October 17** Living in Harmony with Nature
- October 24** Sacred Conversations - Active Listening
- October 31** No Session
- November 7** Nurturing Beloved Community
- November 14** Choosing Your Path Forward

To continue our journey together you are invited to join our ongoing

### Soul Care Circle

running monthly on the first Thursday of each month 6:30-7:30 pm on Zoom Dec 5th - May 1  
See Website for details, registration and zoom link

**Please Join Us!** Donation of \$100 for the series or \$25/session is requested  
or pay what you can. **Please know that all are welcome!**

**Registration is necessary for Zoom Link: [csjcapecod.org/soulcare](https://csjcapecod.org/soulcare)**



**Presented by Center for the Spiritual Journey**  
**Chatham, MA [csjcapecod.org](https://csjcapecod.org)**