



NEW WORKSHOP ALERT!

Winter as Rest: Embracing Stillness for Renewal

A Workshop for Rest, Reflection and Inner Peace

Winter is nature's invitation to slow down, reflect, and rest. In a world that often pushes us to stay busy year-round, this season reminds us of the power of stillness and the importance of restorative quiet. Join us for the Winter as Rest workshop, where we'll explore how to align with winter's natural rhythm and create space for renewal with nature, both physically and emotionally.

What to Expect:

- **The Wisdom of Winter:** Discover how the natural world uses winter as a time for rest, reflection, and preparation for new growth. We'll reflect on how we can bring this wisdom into our own lives, embracing rest as a necessary part of the healing and growth process.
- **Guided Practices:** We'll engage in gentle breathing exercises, and guided meditation to help you relax, release tension.
- **Creative Reflection:** Using [Morning Altars](#) as a creative, meditative tool, you'll learn how to honor the themes of winter—letting go, stillness, and introspection—through nature-based art. This hands-on activity will help you connect with the quiet beauty of the season and reflect on your personal journey.

When: Wednesday, Jan 8th

Time: 4p- 6p Pacific Time

Cost: \$70

Limited places!

Book via email:

julie@heartscapesllc.com

This will be a virtual Workshop on Zoom

Who Should Attend?

- Anyone feeling the need to slow down, rest, and restore their energy during the winter season.
- Individuals who want to reconnect with their inner world through creativity

This workshop is designed for everyone—no prior experience with Morning Altars is needed.



REGISTER YOUR SPOT TODAY! [Email: julie@heartscapesllc.com](mailto:julie@heartscapesllc.com)