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Yoga & Healing Arts Newsletter

Hope is a passion for the possible.
- Søren Kierkegaard

July 2020

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Greetings!

I hope this message finds you and yours doing well as we move into the center of the summer, complete with flowers and nature's bounty.

As usual, yogic practices and healing music can help us balance body, mind and spirit even in the midst of it all...

Join us as my guest for an online yoga or meditation session! You can email me for details or see the yoga page of my site at: <https://counselingyogameditation.com/yoga-classes/>

Peace, Love & Prayers,
Hannah

Hannah Caratti, LMFT, E-RYT 707-494-7470

Only in the darkness can you see the stars. Martin Luther King Jr

Yoga Classes Online with Hannah

Most of my easy relaxing yoga classes are now on Zoom.us online (although Tuesday 4:30/4:40pm is on FaceBook Live for 30 mins). All Zoom Classes are 45 minutes in length.

Mon/Wed 5:30pm Fri/Sat 11am Sun 4:30pm Hope to see you then!

If you have questions, please email hannahyoga@sonic.net or text 707-494-7470 the prior day or a few hours before class. Thank You and Namaste!

Classes are by Donation (on the Payment page of my site) and your first class is Free!
For details, meeting ID and p/w, please see:

<https://counselingyogameditation.com/yoga-classes/>



Yoga at the Mineral Pools in Sonoma at Fairmont Sonoma Mission Inn & Spa...

These workshops have been cancelled and I look forward to seeing you for my online yoga classes described above!



Online Meditation Group

Offered by Hannah Caratti, LMFT via zoom.us

Time: Mondays 4pm

Registration: Contact hannahyoga@sonic.net for meeting ID & p/w.

\$10-15 per 20 minute weekly semi-private session online

Details at: <https://counselingyogameditation.com/meditation/>



Healing Classes Online with Rebecca Sarino

Wednesdays 5:30-6:45pm and Sundays at 5-6:15pm



Yoga for Peace & Relaxation class (Wednesdays) is designed to help re-calibrate the nervous system in order to support a parasympathetic state as well to offer you a revitalizing, nourishing experience of deep connection. The focus of each class will be on gentle movement, self-healing, and deep relaxation.

Practices for Wholeness and Harmony (Sundays) includes practical tools for self-care, gentle movement, breathwork, meditation, chanting, energy healing, and shamanic journeying. I am deeply inspired to have woven together what I feel to be deeply supportive practices and tools for a life in greater balance.

For details, please contact Rebecca Sarino at 707-892-3215 or rebeccasatthewell@gmail.com

Healing Art, Videos and Webinars with Elizabeth Welles

My long-time friend and colleague, Elizabeth Welles, is a writer, artist and meditation teacher. She has wonderful YouTube videos, filled with Nature's Beauty, and an inspiring newsletter describing her upcoming online workshops on healing and grieving, whatever needs to be healed or grieved.



Her site is <https://elizabethwelles.com/> and one of her beautiful relaxing YouTube videos called "Breathe, Rest, Flower" can be found at:

<https://www.youtube.com/watch?v=0sDgjLKCfkc&feature=youtu.be>