

# Nourishing the Heart through Collective Community REST

A *private* outdoor gathering for *woman identified* BIPOC activators,  
healers and community members

**Date:** Sunday, August 13th, 2023

**Time:** 4:30-8:30pm

**Location:** [Leach Botanical Gardens](#) (closed to the public)

[6704 SE 122nd Ave, Portland, 97223](#)



We invite you to a joyful evening of rest and restorative practices. Join healers and activists [Misako Yamamoto, LAc](#), and [Sonali Sangeeta Balajee](#), who will support creating a brave, heartfelt, private, and restful space for participants to slow down, commune with nature, our hearts, and each other.

**Activities may include:** Mindful garden walks, qigong and yoga practices, artwork/journaling, deep discussions around rest and prevention of burnout, ceremony, group naps.

**Accessibility:** Parking lot and upper gardens (where we will gather) are wheelchair accessible. Please [email us](#) if you have other physical/emotional or other accessibility needs.

\*Masks are optional. If you prefer to wear a mask, you are welcome to do so.

**Registration:** Spaces are limited, and we will be intentionally gathering supplies for our participants. Please sign up only if you feel you can commit to the event and let us know if you need to cancel so we can offer your spot to another participant.

[REGISTER HERE:](#)



*(We have been working and playing together for a long time. Here we are in Hawaii in 2014)*