

Nourishing the Heart through Collective Community REST

A FREE *private* outdoor gathering for BIPOC activists, healers and community members who identify as women

Date: Sunday, Oct 8th, 2023

Time: 3:30-6:30pm

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: This is a FREE event, but spaces are limited. We will be intentionally gathering supplies for our participants so 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)