

Welcome



Earth Body: Midwinter Movement For All

G24120501

with Rulan Tangen

January 3-5, 2025

PARTICIPANTS TO BRING:

- Comfortable clothing suitable to movement, in layers
- Shoes that slip on and off
- Refillable water bottle
- Journal notebook and pen /pencil
- Personal yoga mat and blanket option
- Small personal towel as needed
- Socks , and the ability to be barefoot or with foot covering (ballet slipper, supportive sneaker) that is not worn outdoors, or sanitized wipes to clean protective shoes if worn outside, before use indoors
- A special personal item for the collective altar/mandala (to be returned at the end of workshop)
- Communication in advance of workshop for any mobility issues or injuries

NOTE :

- -essential oils may be used in workshop, participants please indicate any allergie