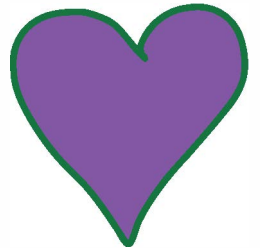
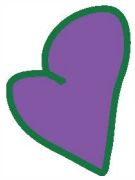


Showing Up!

A workshop for men who desire more tools
for connection and care in community,
with partners and with self.

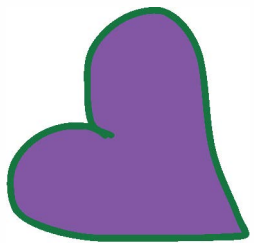


Do You Wonder...

How can I tend to freeze, shut down or undesirable reactions
in my relationships and allyship?

How can I put what I have learned in
anti-oppression training into practice?

Is there another way to show up
that is more joyful and nourishing to everyone?



Somatic educators, Lachlan Murdoch and dr. liam “captain” snowdon
will offer trauma and neuroscience informed practical somatic tools
and skills for maintaining connection in trying times.

January 20th
10-1:30 Pacific Time - ONLINE

Register: rb.gy/z081sv

