

Strength and Stillness : A 12-Day At-Home Practice & Study Intensive

with **Shari Friedrichsen**

May 08 - May 19

Weekly Webinar

Week I

Friday, May 8

11:00 - 12:15 p.m. Body - Build Stamina, Stability and Confidence

Tuesday, May 12

11:00 - 12:15 p.m. Heart - Increase Capacity for Compassion and Kindness

Week II

Tuesday, May 15

11:00 - 12:15 p.m. Mind - Reclaim Clarity and Retain Peace

Thursday, May 19

11:00 - 12:15 p.m. Life - Create a Joy-Filled Future