

Soul Moves

AN EMBODIED MOVEMENT EXPERIENCE

WHY: We believe movement is a powerful and transformative force. One we can experiment with - flow with - be challenged by - and use as a tender and soulful doorway to deep connection and self-discovery.

WHAT: A 4-week workshop series exploring embodied movement and wellness through the lenses of Anishinaabe Maadiziwin and contemporary yoga.

Meet Your Facilitators



Charlee Brissette, MS, is an Indigenous health educator and certified wellness coach. She is also a fancy dancer. She uses the teachings of the Four Directions to help people realize their full potential personal wellness goals.



Samantha Radecki, MPH, RYT-200 is a contemporary yoga and movement facilitator and health educator. She is passionate helping women experience a deep reconnection with their bodies and intuitions.

Questions? Email radecki.sam@gmail.com or cnbrissette@gmail.com.

LEARN: About Anishinaabe Maadiziwin (lifeways), living yoga, safe and personal movement practices, native dance, the 7 Sacred Breaths, the 4 Directions, sustainable wellness and more.

WHEN: 6-7:30 p.m. EST on four consecutive Wednesdays, beginning June 16th.

WHERE: Via Zoom! Participants will receive the call info prior to the June 16th session. Can't make it live? No biggie. Recordings will be available to all registrants.

REGISTER: Follow the Delaware Coalition Against Domestic Violence's registration instructions.

SELF-DISCOVERY | EMBODIMENT | CONNECTION

This program is supported and brought to you by the Delaware Coalition Against Domestic Violence.