

social & wellness 2024 workshops.



petvalu



The Inner Space



Join Tanya Porter, founder and Living Arts Director of the Inner Space, and author of the book 'Drawing Breaths', for a brand new series of virtual monthly workshops, bringing health and wellness awareness while fostering an inclusive workplace.

REGISTER HERE FOR ANY OR ALL SESSIONS!

🕒 workshops will run from 12:00 - 12:45 EST | recordings will be available.



JAN
23

**Journaling for
Mental
Wellbeing**



FEB
23

**Creating Safe
Environments:
Non-Violent
Communication**



MAR
22

**Healing
Sounds
Meditation**



APR
19

**Health for All:
The Nature of
Self-Care**



MAY
07

**The Power
of
Affirmations**



JUN
07

**Navigating
Anxiety:
Practice &
Tools**



JUL
19

**Nourishing
Your Soul:
Chair Yoga**



SEP
20

**Mental Health
Crisis
Prevention**



OCT
09

**Living with
Uncertainty:
Grounding in
Presence**



NOV
15

**Embracing
Creativity &
Curiosity**

DEC
20



**New Year,
New Moments:
Your One Word**

scan to register:



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