

AN INCLUSIVE GATHERING FOR WOMXN

RE-SOURCE

A six-week womxn's circle to take advantage of this momentous time, to see it as an opportunity to open to greater vitality and new possibility

**WEDNESDAYS, 6-7:30 PM MST
MAY 6 - JUNE 10, ONLINE**

A source is a beginning, a place where energy collects and manifests. To re-source is to (re)discover essential places that generate life and well-being.

WHY THE X?

We seek to bring together womxn with a variety of perspectives. This includes—but isn't limited to—different generations, ethnicities, abilities, sexual orientations and gender expressions (including trans and non-binary folks).

COST & REGISTRATION

Cost: \$150; no one turned away due to lack of funds. You choose what to pay with no q's asked.

10% will be donated to the
Holistic Resistance Reach Fund.

REGISTER:

<https://bit.ly/re-source2020>



WHAT TO EXPECT

We will:

- Convene on Zoom, yet push the boundaries of what is possible in terms of presence and connection
- Share techniques to ground, center, and listen more deeply
- Create space for womxn to be seen and learn from one another
- Open to feelings, insights, and ideas that may have been buried
- Meet in consistent small discussion groups to build trust and deeper connections

You will experience:

- Concrete practices you can carry with you into daily life
- Space to unfold and create together
- Play, writing, and movement
- A feeling of ease and greater confidence

...all of which bring benefit to the world through you

GUIDED BY

ALEXANDRA KELLER & CYNDI GUESWEL



Alexandra is the Director of the College of Natural Sciences Learning Community at Colorado State University. The programs she has led for 12 years center marginalized identities, using the power of service and story to foster the next generation of global leaders. She is also a leadership and somatic coach. She is committed to examining her own identities, privileges and biases. As a white, queer, and polyamorous person with an invisible disability, she intimately recognizes the value of claiming our unique stories as gifts. She seeks to make safe and magical spaces where people can step into fuller versions of themselves.



Cyndi is founder of Only to Grow, a coaching and consulting business focused on vitality, meaningful contribution, and leadership development. She is devoted to continuous and collective learning, and has 30 years of experience across education, leadership and adult development, and design of purposeful gatherings—whether for organizations or within a community. She's a white cis woman from Colorado who's been in an abundant marriage for 25 years, and her muses are nature, poetry, music, and attunement to the body. She delights in *and* pushes her comfort zone by convening people across differences to learn about inclusion firsthand, through open-hearted practice and the sharing of stories.