

Let's talk about Belonging.....

Many of us struggle with feeling a sense of belonging to ourselves and each other, and we grieve the village we have never known. This time offers a healing space for understanding as we gather for movement, rest, journaling, song, and connection.

Saturday, November 26th 12-2pm

MotherHeart Yoga Sangha 2359 East Susquehanna Avenue, Philadelphia, PA 19125

www.motherheartstudio.com

Youba Cissokho knows about belonging. He is from the Griot Tribe in Senegal, West Africa. The

Griot tribe is one of storytellers and Master musicians who are essential to preserving West African history and culture. The instrument he holds in this picture is the Kora, and Youba is the 72nd generation of Kora players in his family. He will accompany rest and movement time with songs from his lineage.



Dawn founded MotherHeart Yoga in 2012 and has been leading therapeutic yoga practice for more than 25 years and has dedicated her life to healing work.