

# Finding Connection

IN A TIME OF ISOLATION

**YOGA - MEDITATION - RELAXATION -  
GROUP PROCESSING**

led by Krystle Fitzpatrick, RYT & Laurie Gatti, LPC

**4 Weekly Sessions in December**

Yes, we know this runs right through the holidays! We did that on purpose! :)

**via Zoom.**



**emerge**

## What:

Brene Brown defines connection as, “ the energy that exists between people when they feel seen, heard, and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”Together, we will stoke our connective energy and focus on developing and deepening our bonds. We will provide safe space to explore connectivity: to self, the environment and of course to others.

Our group will start with a 15 minute meditation (guided by Krystle), followed by a 45 minute asana (movement) & relaxation portion (also led by Krystle). We will conclude with processing, reflection and all the feels, led by Laurie.

**Where:** Online through Zoom

## When:

### 4 Weekly Sessions in December

Yes, we know this runs right through the holidays (we did that on purpose :) Please plan to attend all classes.

## Who:

This will be a closed group of participants, so we will move through the 6 week series with the same participants that we begin with. **Open to all** that have diverse life experiences and perspectives, but the common pursuit of self growth and personal evolution. We will accept people on a first come first serve basis.

## Cost:

I will verify your benefits through insurance. Standard copays will apply. Private pay rates are \$40 per session.

**For additional questions or to sign up, contact us at: [info@emergetherapypgh.com](mailto:info@emergetherapypgh.com)**