



« The Work That Reconnects » Sunday -27th November - 10-17h

These are challenging times. Things in our lives and in the world feel like they are falling apart. How can we take all of this in and not fall apart ourselves.

Join Valentine Goblet in a day long work shop of the Work That Reconnects
A process that helps transform fear and despair into inspiration and empowerment.
On the 27th November
Shanti Home, 8 Rue Darwin, 1190 Brussels
10h00-17h00
60 euros

This workshop is an interactive group process developed by Joanna Macy. We experience our deep ecology, (are interconnected to the system of Life) and realize the potential we have to make a difference in the world, which in turn engages us in appropriate behavioral response to the realities we face.

The Work follows a spiral sequence flowing through four stages: gratitude, honoring our pain for the world, seeing new eyes our interconnectedness with all phenomena and finally going forth into action.

The participants engage in mindfulness and compassion practices to resource themselves, as well as playful interactive exercises, often outdoors, in an atmosphere of communal support.

You will come away having done introspective work, grounding the body in mind, reconnect to active hope, strengthen your resilience and find clarity around how you can play a part in the healing of your community and our planet.

Reservations – contact@valentinegoblet.com