

The Global Village

Coming Together in Uncertain Times

A BURDEN SHARED IS HALVED
AND A JOY SHARED IS DOUBLED

Are you suffering with sadness? Fear? Grief? Learn practical psychological and spiritual tools to move through it.

Letting Go / Cultivating Resilience /
Developing Presence / Expanding Global Consciousness

IN THIS GROUP:

- Share your experiences and best practices.
- Support others by witnessing them.
- Learn practical spiritual and psychological tools to move through grief.
- Unite with brothers and sisters from around the world to realize that we are all part of one human family.

Participants will do preparatory work with a group leader prior to starting the group.

NEXT DATE

TBD

(pending funding)

Via Zoom

GROUP LEADERS



A San Francisco-based psychotherapist and leadership coach, **Yael Melamed**'s work is greatly informed by her spiritual path. She holds advanced degrees from Harvard Business School and the California Institute of Integral Studies, and has extensive experience in groups, both as leader and participant. Yael believes that life's biggest challenges can become blessings, if you choose to grow from them.



Swami Sivasankariananda, C-IAYT, longtime yoga teacher and practitioner, loves to support students on their inward journey toward Truth. As director of the Sivananda Yoga Vedanta Center in Los Angeles, she teaches all aspects of yoga as a means to holistic health and healing—restoring strength, peace of mind and balance. She took vows as a monk in 2017. Though her schedule is busy, she enjoys a simple life.

TO JOIN, PLEASE CONTACT:

yael@yaelmelamed.com

There is **no fee** for this group.

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Disclaimer: Yael Melamed is an MFT, but this is an educational group, not a therapy group. There will be NO diagnosis, assessment, prognosis, or treatment of mental disorders.