

# IN THE ISNESS

## Somatic NonDual Practices for Expansive Beingness



**Friday, May 10, 6-7pm Mountain Time**

### Coming Home

Many of us have worked hard at our meditation and mindfulness practices - often with mixed results. But there is a simpler, less effortful and more effective way of living into the fullness of our True Selves.

Many people are attempting to address their traumas - their wounded and burdened parts through a Self-like healing part, which has limited capacity to heal that which can only be healed through Authentic Presence.

In these intimate and heart-centered groups, you will learn practices for living into your vast, expansive Self while deeply connecting with the expansive Self of others. Come join us in the delicious spaciousness.

### Investment

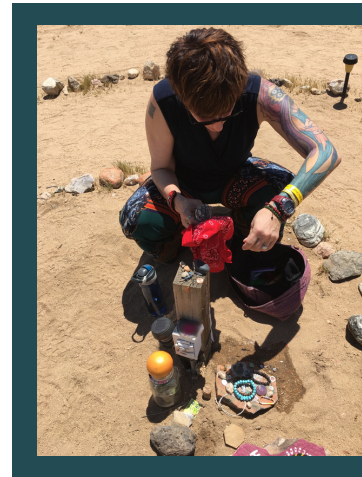
These groups are offered at rates to support all, regardless of capacity to pay. I invite people to contribute an amount that respects my time, expertise and love with which the service is being offered, and also respects their need for sustainability. The full fee is \$25. Use the following codes to receive discounts. grace20=\$20, grace15=\$15, grace10=\$10, grace5=\$5, grace=\$0

To honor and respect the sacred space we will be creating, please arrive on time.

### About The Facilitator Sabrina Santa Clara

Sabrina has been on a Spiritual path since her late teens. She has studied and practiced in a wide variety of traditions and brings an integrative approach to all her offerings. While she is an Internal Family Systems Therapist & Consultant and Somatic Psychedelic Therapist, she works primarily as an elder, guide and spiritual doula.

Sabrina offers unique approaches to meditation, mindfulness and expanded states of consciousness that are accessible to all beings, regardless of where they are on their spiritual and meditative path.



Sabrina believes that we don't need to "work" at becoming "more spiritual," as the our wholeness is just beneath the parts of us that obscure the true essence of our being.

Sabrina is bilingual (Spanish), culturally mixed and genderfluid. She is an artist, poet and dancer who lives in the in-between spaces.



<https://www.sabrinasantaclara.com/product/in-the-isness/>

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