



LIBERATED LIVING

July 2020 Schedule



*RSVP for an offering at
linktr.ee/inpower*

July 5-11

SUNDAY	11:00am Spirit Rising
MONDAY	6:00pm Ile Dudu Black Meditation 7:30pm mmm Meditation (21+)
TUESDAY	5:30pm Breathwork 7:00pm Listening Sessions
WEDNESDAY	7:00pm Listening Sessions
THURSDAY	6:00pm Politicizing our Healing
FRIDAY	6:00pm Black Healers Collective
SATURDAY	2:00pm Black Men Healing Circle

July 12-18

SUNDAY	9:30am All Levels Flow Yoga 11:00am Spirit Rising
MONDAY	6:00pm Ile Dudu Black Meditation 7:30pm mmm Meditation (21+)
TUESDAY	5:30pm Breathwork 7:00pm Listening Sessions
WEDNESDAY	6:00pm Black Artists Healing Circle 7:00pm Listening Sessions
THURSDAY	6:00pm Politicizing our Healing
SATURDAY	11:30am Parenting in a Pandemic

July 19-25

SUNDAY	9:30am All Levels Flow Yoga 11:00am Spirit Rising
MONDAY	6:00pm Ile Dudu Black Meditation 7:30pm mmm Meditation (21+)
TUESDAY	5:30pm Breathwork 7:00pm Listening Sessions
WEDNESDAY	6:30pm Great Cosmic Mother 7:00pm Listening Sessions
THURSDAY	12:00pm Healing for the Healer 6:00pm Politicizing our Healing

July 26-31

SUNDAY	9:30am All Levels Flow Yoga 11:00am Spirit Rising 2:00pm Lewa Farabale
MONDAY	6:00pm Ile Dudu Black Meditation 7:30pm mmm Meditation (21+)
TUESDAY	5:30pm Breathwork 7:00pm Listening Sessions
WEDNESDAY	6:00pm Black Artists Healing Circle 7:00pm Listening Sessions

all circles have limited capacity as to maintain intimacy
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