

DECEMBER EVENTS

EVENTS REQUIRE ONLINE REGISTRATION Register at www.buildinghopesummit.org/events

DEC

1

TUESDAY



EMBODY-DANCE TO HEAL FOR ADULT WOMEN

Embody is a movement workshop designed for women to get out of their head and into their bodies. This dance experience focuses on what feels good, rather than what looks good so we can feel, process, and move our emotions out of our bodies. Embody invites the wild, playful, ragey, sensual parts of us that are often "turned down" for the comforts of others, to come alive. There is absolutely no dance experience necessary. Embody is created for all women-identifying persons.

Time: 6-7:30 **Location:** Online: [Register for the Zoom Meeting Details](#)

DEC

3

THURSDAY



YIN YOGA & MENTAL WELLNESS

Enjoy an innovative afternoon of yoga and reflection. Samantha Stuber of Meta Yoga Studies will lead students in Yin Yoga while Licensed Professional Counselor Drew Mikita provides reflective techniques while students are in poses. Yin Yoga targets connective tissue and the parasympathetic nervous system using stillness and relaxation merging meditation, relaxation and clarity while still benefiting the body. Attendees will enjoy an opportunity for personal investigation of their own mental health and opportunities for improved wellness.

Time: 2-3:30 pm **Location:** Breckenridge

DEC

3

THURSDAY



LINOCUT PRINTMAKING CLASS AGES 12-20

In collaboration with BreckCreate, this class teaches linoleum block printmaking techniques. Led by Callie Glidden, participants will learn about printmaking materials as well as how to safely use tools to create a finished print by the end of class. This is an in-person event where participants must wear masks and will be screened upon arrival.

Time: 3-5:30 pm **Location:** Breckenridge

DEC

3

THURSDAY



SELF-ACCEPTANCE WITH PHIL GALLAGHER

Chances are good that you have felt the sting of being left out and not included... ultimately, not belonging. It leads to all sorts of thoughts like, "What's wrong with me?" and "Why am I not enough?" When we do not practice self-acceptance, we are continually creating a sense of exclusion within ourselves and embracing a false reality that we do not belong and that who we are is not enough. This webinar explores how to develop the inner peace made possible when you learn to accept yourself.

Time: 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)

DEC

8

TUESDAY



SELF-CARE STRATEGIES FOR SURVIVORS & SUPPORTERS

Well-being and mental health are often challenged before, during and after treatment for cancer. Developing a custom self care strategy allows us to tend to our physical, mental and emotional needs and help us to show up as our best self no matter what the circumstances. Join Leslie to explore a variety of self-care strategies to support those who are navigating a cancer diagnosis, treatment, life after treatment, and those supporting family or friends in their cancer journey.

Time: 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)

DEC

10

THURSDAY



BRAVE SPACES TRAUMA-INFORMED MOVEMENT

Brave Spaces is a trauma informed online movement class created to safely release trapped stress in the body. Students will be led through yoga shapes and practices in an invitational language allowing for self-regulation and empowerment. In Brave Spaces yoga everything is a choice and there is no right or wrong way to practice. No yoga experience or special equipment necessary.

Time: 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)

DEC

14

MONDAY



THE MINDFUL MAN

Join us for a unique workshop meant to address issues faced by the modern man. Learn practical ways to deal with stresses and frustrations faced in daily life. Explore proven techniques to relax your mind, manage your feelings, develop healthy relationships, achieve your goals, and grow your happiness. Take away concrete tips, methods and practices that will immediately help you feel more fulfilled, joyous and connected to yourself and everyone around you. *This event is intended for men only*

Time: 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)

DEC

15

TUESDAY



INTENTION JARS WITH THE FROSTED FLAMINGO

2020 has been a challenging year in many respects. As this year draws to a close, we invite you to reflect on what you'd like to achieve in 2021. What can you do for yourself, friends, family, and community members? How can you find joy and fulfillment despite the turbulence that surrounds us? Whether your intentions are small acts of kindness, or large, long-term projects, we welcome you to join us for a creative Zoom session. Over one hour we will create "Intention Jars" to commemorate and celebrate exactly where we are right now, and where we plan to go in 2021. Materials provided. Participants must register no later than December 10th.

Time: 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)

DEC

17

THURSDAY



WINTER LAND ART AGES 12-20

In collaboration with BreckCreate, participants will make abstract sculptures in the gardens of the art district using found elements like sticks, stones, pinecones, icicles, and snow. Led by Kia Neill you'll learn about land art and some construction techniques to create your own seasonal sculptures. This is an in-person outdoor event where participants must wear masks and will be screened upon arrival.

Time: 3-5 pm **Location:** Breckenridge

DEC

17

THURSDAY



IN-PERSON GENTLE YOGA

Yoga helps clear the mind, offers calm and healing and helps unite communities. Join Leslie Glenn for this hour class designed to create an open, safe place for anyone who wants to stretch, breathe and experience a sense of community, connection and healing. All ages and levels are welcome to join us. *This is an in-person event. Wear a mask and bring your own mat.*

Time: 6-7:30 pm **Location:** Silverthorne

DEC

22

TUESDAY



WOMEN'S WISDOM CIRCLE

A Women's Circle is a safe and supportive gathering of women to share, express, and reflect with acceptance. This online gathering will include learning through storytelling as we explore a short story together and have time to discuss the meanings in our lives. We will open discussion with each other, learn grounding practices, and will conclude with a restful and nourishing gentle movement practice. *This workshop is open to women and girls ages 14+*

Time: 6-7:30 pm **Location:** Online: [Register for the Zoom Meeting Details](#)