

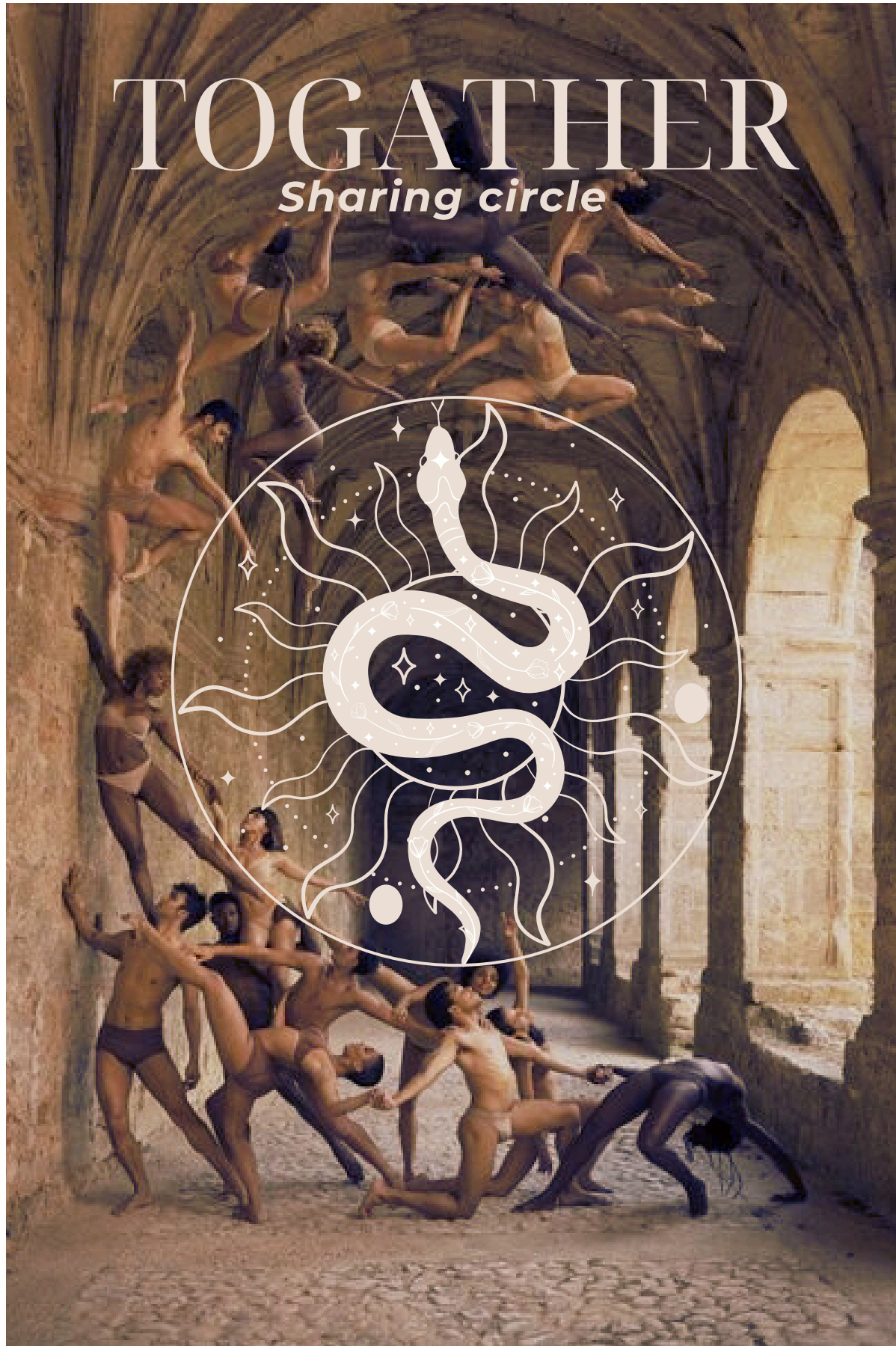
BY JULIET LEGER MAIRRY

TOGATHER

Sharing circle

YOGA - SOMATICS-BREATHWORK

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ON DONATION, MONTHLY

*DM or COMMENT to join
the discord group*

@practiceandhealwithjuliet

MANIFESTO

‘ *Togather* ’

In a world that often moves too fast, **we gather together** to slow down, to listen, and *to be heard*. **This Healing Sharing Circle** is a sacred space—a refuge where we come together to support and uplift one another on our individual and collective journeys of healing.

Each month, we meet with open hearts and open minds, creating a community built on trust, compassion, and presence. Here, all emotions are welcome, and all stories are honored. Through sharing, we witness each other with deep respect, **knowing that healing happens in connection.**

Beyond words, we engage in practices that nurture our bodies and souls. *Whether through meditation, somatic movement, breathwork, or other guided experiences, each gathering is an opportunity to release, realign, and restore.*

This is not a space of fixing, but of holding—holding ourselves, each other, and the wisdom that unfolds when we come together with authenticity. In this circle, we are reminded: **we are not alone.**

May this space be one of transformation, and deep nourishment for all who enter.

With love, Juliet.