



**GREATER
COLUMBUS
ARTS
COUNCIL**



2024 HOLISTIC WELLNESS PROGRAM

PRESENTED BY
The Ohio REST Collective + GCAC

ACCESSIBLE MOVEMENT-BASED WELLNESS PRACTICES

MONTHLY | TWO-HOUR SESSIONS

Monthly opportunities to engage in restorative/yin yoga, somatic practices, breathwork and meditation. These 2-hour sessions are guided by experienced and certified facilitators from The Ohio REST Collective. Each practice will include time for making connections, supporting insights, and holding inspiration.

OBJECTIVES:

- Increased understanding of the ways chronic and/or daily stress impact our ability to thrive.
- To experience collective rest and mutual belonging.
- Identify and practice tools that can be used in real time to navigate and calm stress response.

- Sunday, Feb. 25 | 4–6 p.m.
- Friday, March 22 | 3–5 p.m.
- Sunday, April 21 | 4–6 p.m.
- Friday, May 24 | 4–5 p.m.
- Sunday, June 23 | 4–6 p.m.
- Friday, July 19 | 3–5 p.m.
- Sunday, Aug. 18 | 4–6 p.m.
- Friday, Sept. 20 | 3–5 p.m.
- Sunday, Oct. 27 | 4–6 p.m.
- Friday, Nov. 15 | 3–5 p.m.
- Sunday, Dec. 15 | 4–6 p.m.

COMMUNITY-BASED APPROACHES TO REST & WELLNESS

BI-MONTHLY | 90-MINUTE SESSIONS

A bi-monthly series led by community practitioners and facilitators to cultivate conversation and community focused on rest, wellness, and healing. Topics can include, but are not limited to, business planning, time management, navigating creative blocks, entrepreneurship, community relationships, etc.

OBJECTIVES:

- Increased understanding of the ways chronic and/or daily stress impact our ability to connect & create
- To build community and experience collective rest and mutual belonging.
- Identify tools that can be used in real time to navigate and calm the stress response.

Daydreams & Visions

Friday, Feb. 23 | 3–4:30 p.m.

Building Capacity and Resiliency

Friday, April 19 | 4–5:30 p.m.

Feel Your Fire: Righteous Rage & Release

Thursday, June. 27 | 3–4:30 p.m.

Caring for Your Inner Circle

Friday, Aug. 16 | 4–5:30 p.m.

Landing Softly

Friday, Oct. 25 | 5–6:30 p.m.

Let it Flow: Moving with Grief

Thursday, Dec. 5 | 3–4:30 p.m.

All workshops will be held at
Replenish: The Spa Co-Op
124 S. Washington Ave.
(in the carriage house yoga studio)

LEARN MORE
ABOUT EACH
PARTNER
ORGANIZATION:

GCAC
Workshops



The Ohio REST
Collective



Replenish:
The Spa Co-Op



FREE No Registration
Required

GCAC.org/For-Artists/Workshops/
TheOhioRESTCollective.com
ReplenishWith.us