

Men's Heart Project Events

Saturday January 14th 4pm-5:30 *Sunset Sanctuary Gathering*

Facilitated by Michael Pellegrino

(This gathering is the beginning of the ongoing *As Good As It Gets* series. Come to just one gathering or as many as you'd like.)

Where: Off of the **Molino Basin Vista** parking lot. There's no hiking required as this is 5 minute climb down from the parking lot. Though, it is suggested that you wear appropriate foot wear for uneven terrain, because a small amount of climbing is required.

This Gathering will be our first opportunity to come together and explore the dual aspects (male and female) of our own human nature. We will be disengaging from the past as we honor the here and now, in the beauty of this magical spot. In this series we will be sharing several practices to acknowledge our own wounds and the wounds of the world, compassionate listening, a letting go (Sufi) and gratitude meditation, warrior poses and yin yoga. We will look in to discover what it means to be authentic and how can we share this intimate part of ourselves with others in the world.

Please note that an important characteristic in embracing the feminine is the idea of *rest*, so with this in mind, please prepare for the opportunity to soak in the wonderment of nature and to share together in deep relaxation.

Bring: water, yoga mat or if you don't have a mat a blanket is fine. Wear or bring a bathing suit, loose shorts or loose clothing. There's a beautiful pool here with a waterfall.

Directions: Take Catalina Highway (it becomes General Hitchcock at the base of the foothills) until you see a sign on the right that says, MOLINO BASIN VISTA. It's about 15 miles from the intersection of Swan and Grant (Where the Trader Joe's plaza is). Allow 45 minutes from there to Molino Basin Vista. Please don't confuse this spot with Molino Basin Campground. If you do go there, you've just past it and must back track, a 1/4mi or so.

Suggested donation: \$7

To register email Michael at rolfmovement@hotmail.com