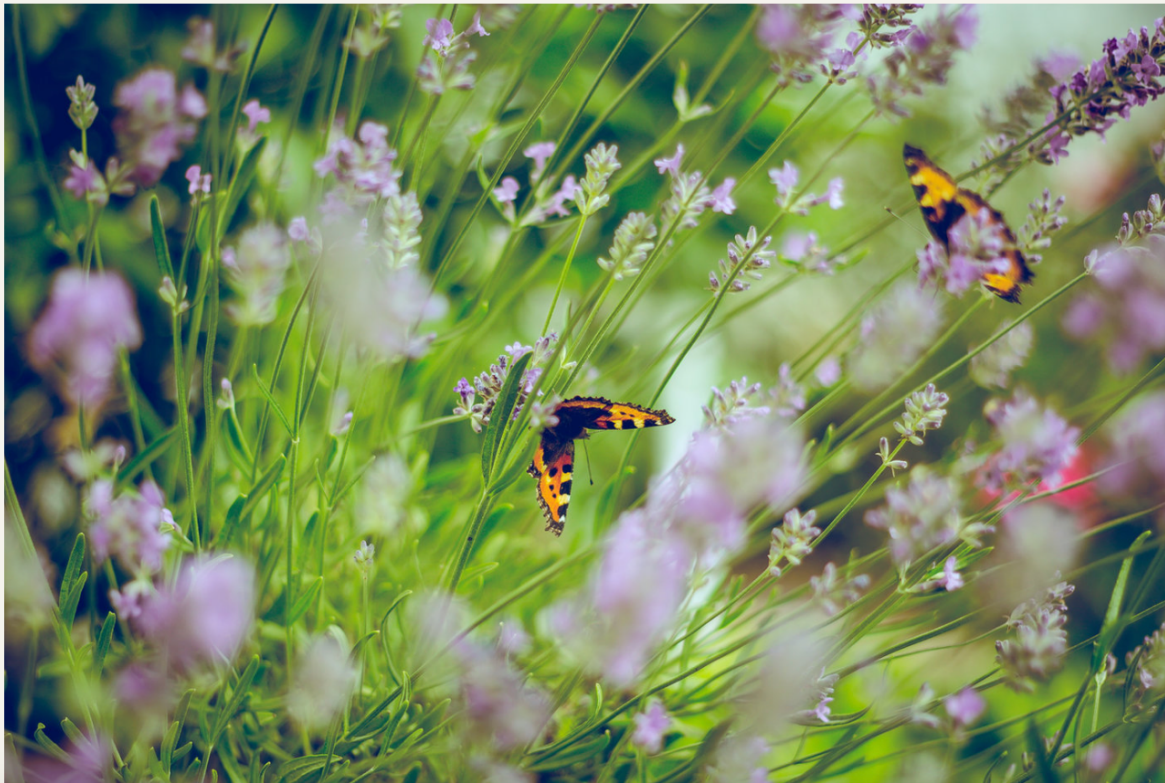


# Celebrating the Seasons

*Four Faces of Presence - Spring!*



Spring is here! I see it in the first bright faces of the crocuses and in the tulips and daffodils pushing up their way up through the soil. I feel a need to hurry those tender blooms. Winter has been long and I feel the pull of Spring in my bones. Do you?

Spring calls us to new beginnings. It is a time of rebirth and renewal. We plant new seeds for the future. It calls to us: bloom!

*"The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also". Harriet Ann Jacobs*

If winter is a time for reflection, spring is a time to get out our dancing shoes. The earth offers us, hand held out, an invitation to shake off the cold. Turn your face upward, like the sunflower, and take in the warmth. **Renewal** feels effortless. We are lulled from our quiet place by the fire to **celebrate** our own rebirth even as the plants and trees show us their new finery and colors. Most of all, it is a time to **plant new seeds** for a healthy future. What may have been difficult in winter seems much easier in spring. With attention and intention, we can deepen our relationship with this joyous season.

I hope you can join me in this celebration of Spring, and that together we can learn to flow more gracefully through all the seasons of our lives. You need not have attended the Autumn and Winter webinars to join us. All are welcome!

## Spring - Seeds and Celebrations

### Sunday, April 6th

*Learn the wisdom that Spring personifies with its invitation to rebirth, to celebrate and to plant new seeds!. We will learn four, seasonal practices that we can weave seamlessly into our spring days.*

*Participants will receive a PDF guide to the practices and link to recordings of the same.*

## Summer - Blooming

### Sunday, July 13th

**Webinar cost:** \$55 (\$45 for Updraft members) or enroll in all 4 webinars for \$200.

**Special Bonus:** Those attending all four Celebrating the Seasons webinars will receive a PDF workbook with insights and practices spanning all four seasons.