

Make Time to Take Time

At YOUR Gathering Space, we believe in the Muse, the importance of creativity through inspiration. I'm inspired by the arts & culture, as well as literature, cooking, baking & entertaining. Everyone has their own source of inspiration. If you don't know yours, as a Member of YOUR Gathering Space, you will discover what moves you.

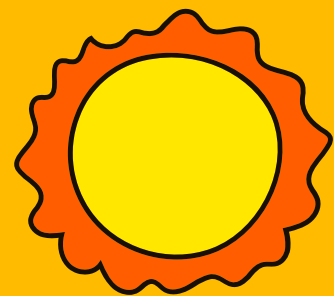
We are Tuned In to what is happening in the world, the impact of all ISMs, our privilege & the intersection of all our many identities.

We aren't not looking to become anyone other than the fullest expression of ourselves.

Transformation is an on-going process & our community Members support, uplift and encourage each other.



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We take special care to create settings for gathering Together, as well as opportunities for individual reflection.

We share resources & teach skills to support everyone's unique process & journey.

Taking a breath, or several sometimes requires a gentle reminder. At YOUR Gathering Space we infuse Mindfulness & other therapeutic techniques into all our Workshops, Circles, Sessions & Events. Our groups & one-on-one time are not Therapy, but they are in every way therapeutic to our minds, bodies & souls!

