



# MEDITATION & MOVEMENT IN NATURE

Embrace your connection  
to the earth and your spirit!

Joaquín Miller Park, Oakland  
10-noon Saturday mornings  
FREE class April 24th



MEDITATION & MOVEMENT IN NATURE

Immerse yourself in the beauty and awe of nature! Join us for inspirational mornings that will transform your day. Through earth-based meditations, movement, poetry and Earth art, we will explore our essential connection with the earth, our self and each other. Learn ways to decrease stress, feel more energy and find your creative spirit.



ALL LEVELS  
OF EXPERIENCE  
WELCOME

**Joaquin Miller Park, Oakland**

10–12 Saturday mornings

FREE CLASS April 24th

April 24th and May 1st, 8th and 15th

\$70 for the series; \$20 drop-in (NOTAFLOF)

Call to register—  
**510.466.5114**

or go online and register  
through Oakland’s Dept.  
of Parks & Recreation—

[www.oaklandnet.com/parks/programs](http://www.oaklandnet.com/parks/programs)



“Ariana is an inspiring teacher who brings forth from mind, heart and body ... the creative spirit within.” —Emily Ransom

“Balm for the soul!” —Emily Stoper, retired professor

Over the past 20 years Ariana Candell, MA, MFT has been leading groups in conscious movement and the expressive arts. She has taught T’ai Chi Chih, NIA, Authentic Movement and Dance/Movement Therapy. Ariana is currently teaching at John F. Kennedy University and offers her specialty of body-centered psychotherapy to adults and couples at her office in Berkeley.

[www.ArianaCandell.com](http://www.ArianaCandell.com)

Gentle sunlit morning  
Chirping, chattering earth song  
Wafts of spring  
My spirit opens,  
my body softens,  
my heart awakes!

People of all cultures, races, religions, sexual orientations, gender identities and economic circumstances are welcome