

NATURE CALLS

*Grounded Living
Answers*

Winter 2019-20 Grounded Relating sponsored events



GRATITUDE CIRCLE

How do you experience gratitude in your tick-tock world? Share and learn Best Practices (February dates TBA).

WALK FOR YOUR BONES

Monday and Friday mornings in January and February small group walks (45 minutes) for good bone health.

HIKE CHALLENGE

Longer weekend hikes in January and February 2020. Double your efforts by walking 1.5 hours on more technical terrain.

NEW OFFERINGS: DINE AROUND THE WORLD

Eat locally, enjoying international cuisines

Let's eat around the world right here in Charlottesville! It's a New Year, and there are lots of different cuisines right here in town. Take a culinary adventure once a month with the Grounded Living Meetup. During the first quarter, we will try Asian Flavors of Tibet (Druknya House), Afghanistan (Afghan Kabob) and India (Maharaja).

LET'S DO IT TOGETHER

DINE AROUND THE WORLD

In Charlottesville with
The Grounded Living Meetup
<https://www.meetup.com/Grounded-Living-Meetup/>



Grounded Living gets you Outdoors!

OFFERING SMALL GROUP EXPERIENCES

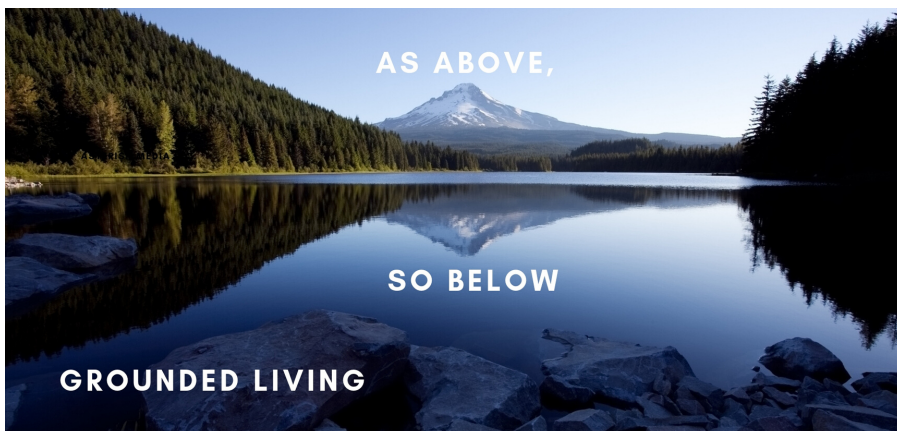
HELLO 2020!

Inner Child/Goddess Play: Set your energy free.

The gay 1920s is what they called it 100 years ago. The 20s were an age of opulence, illusion, wartime, and depressive lack. How will YOU manage 2020?

Why not take all of you—all those disparate parts—for a full discovery ride in 2020? Let the Grounded Living Meetup guide you; who you were decades or centuries ago, is something of a dusty mystery, isn't it?

Clear away the cobwebs daily living leaves behind. Join the Grounded Living Meetup and participate in one or more of our Winter sharing circle groups. Join Meetup for details!



GET GROUNDED!

AS Above, So Below

At Grounded Relating, LLC, our goal is to promote human compassion through self-awareness. We educate people about themselves and their interactions with others. By so doing, we hope to add to the overall expansion of human compassion.

The Grounded Living Meetup is wholly sponsored by Grounded Relating, LLC, and offers small group experiences in presentness.

Events include naturally grounding outdoor activities, meditation sits, Sharing Circles and educational discussions.

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*Promoting
human
compassion
through self-
discovery.*

The Grounded Living Meetup Join here:
<https://www.meetup.com/Grounded-Living-Meetup/>

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