

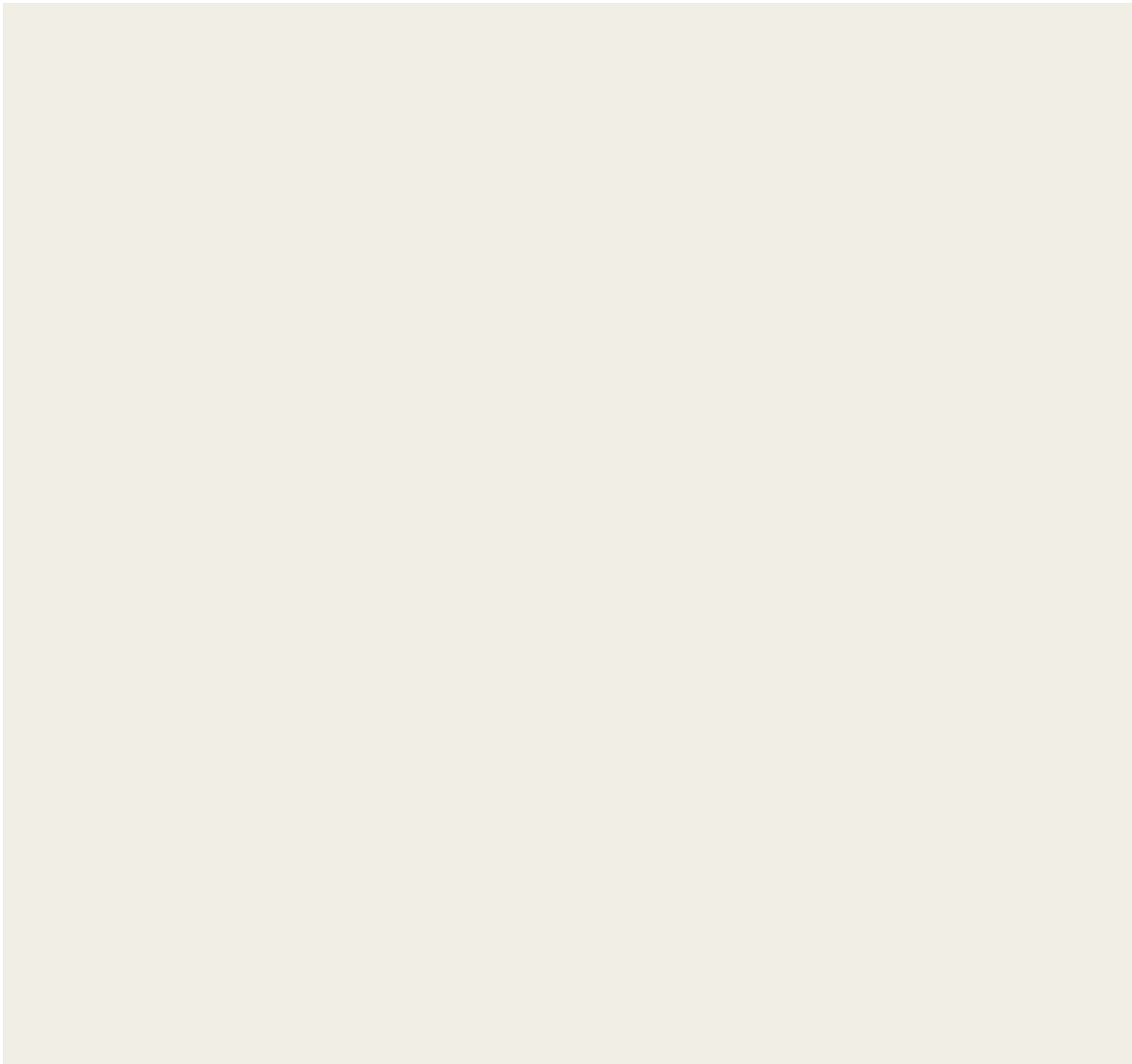


## Help and Healing from The Conscious Body Community

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During this difficult time many of our friends, clients and colleagues are offering help and healing in unique, creative and powerful ways.

We want to share these with you... beginning with one of our favorite people, Julie Cedrone.



# Peace in a Pandemic

A series of mini-Sabbaths for the whole body  
through yoga and prayer

## FRIDAY NIGHTS:

April 24, May 1, May 8, May 15

7:00pm to 8:00pm class

*followed by conversation*



Rev. Julie Lynn Cedrone currently serves as a hospice chaplain at VNA Care and (when this pandemic is over!) she will complete the teacher training program at Common Ground Yoga. She is a graduate of Mount Holyoke College, Harvard Divinity School, and is currently a D.Min. candidate at the Boston University School of Theology. Two decades of yoga practice and ministry have gifted her with flexibility in many forms, improvisational skills, and a colorful archive of stories.

**sab·bath** /'sabəTH/

*noun*

to cease from work, production, worry, and multi-tasking.

An embrace of the eternal, wholeness, timelessness,  
embodied peace

RSVP to [juliecedrone@hotmail.com](mailto:juliecedrone@hotmail.com)  
for your Zoom invitation and link

**You can always find us at**  
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