

JOIN US THIS SPRING!

Metabolizing The Apocalypse

A MINI-COURSE ON WEATHERING THESE TIMES

Facilitated by Kinde Nebeker and Jenny Myogetsu Lambson



Is the news getting you down?

Are you anxious, angry, confused by the state of the world?

Do you wonder what we are doing to ourselves?

We all wish things were different.
But they are not.
How do we best cope?

In this practice-based minicourse we will develop our capacity to be in the midst of personal and global tragedy. Life can be overwhelming when we are exhausted from our incessant thought loops, from caring so much, from the high alert of our nervous systems, from our sense of disconnection. The tool kit we will develop together in this course will support an aware, internal, connected place of peace accessible to each of us anytime.

“It is no measure of health to be well adjusted to a profoundly sick society.”

— J. Krishnamurti

DATES: Fridays at 10:00 am [Mountain Time] on March 17, 31 & April 14, 28.

LOCATION: Zoom

COST: \$180 (that's \$45 a class!)

For more information, or to register, please email Kinde at kinde@newmoonritesofpassage.com or Jenny at jennyflatberg@gmail.com

**PLEASE JOIN US FOR OUR THIRD OFFERING OF THIS POWERFUL COURSE —
AND SHARE THIS FLYER WITH YOUR FRIENDS!**

more on page 2 . . .

DETAILS: Our 4 two-hour Zoom calls will be recorded and available for all participants. You'll be asked to engage one or more of the practices between sessions, and to schedule a call with your buddy (another participant we'll pair you with) to share your experience. We'll share a Google doc for everyone to add their own practices.

FACILITATORS



KINDE NEBEKER is a wilderness rites of passage guide, coach, designer and artist. She is currently co-Netkeeper of the Wilderness Guides Council and owner of New Moon Rites of Passage. Kinde works with people in many areas of change and transformation, such as navigating life transitions, working with grief, integrating transformational experiences and other aspects of psycho-spiritual development.



JENNY MYOGETSU LAMBSON lives with Bruce and Celeste Lambson in Sandy, Utah where they grow, among other things, 12 different berries. Jenny spent three-and-a-half months living 120 feet up an old-growth Douglas Fir tree as an environmental activist. She has a bachelor's in economics, is a novice Zen Priest and is currently a Chaplain Candidate of Upaya Zen Center's Buddhist Chaplaincy Training Program.

FROM PAST PARTICIPANTS

"This enjoyable 4-week class brought me useful techniques organized in simple steps I could integrate into my everyday life and feel better. It improved my somatic intelligence & calmed my mind, brought me better sleep and greater ability to control racing thoughts and overwhelming emotions. I also met some wonderful people and had meaningful conversations that went beyond superficial everyday interactions. Highly recommended!"

— Rachel W., Salt Lake City, UT

"Metabolizing The Apocalypse was a wonderful sacred way to take a moment away from my day to day life to connect with others who are interested in how to witness the awe of the moment we find ourselves living in right now. Apocalypse helped me remember that the tools to manage my thoughts and emotions are right here inside of me. By sharing our nature and witnessing in others our similarities and differences. I'm remembering the autonomic nervous system, I have the tools to center myself and hold the wonder of this wild world we live in. I continue to seek out a community to share this awesome moment in time."

— Mary C., Salt Lake City, UT

"This class came at the right time for me. I was struggling with an aging husband, my own health issues, and the potential death of a loved one.

Kinde and Jenny led me thru awareness of my spiraling thoughts and emotions and into the sensations of my body. Loved the dyad concept!"

— Carolyn, Draper UT

"Learning and connecting with this group was a constant in my weeks, a touchstone amidst the noise. The class helped me deal with the noise, the distractions, the overwhelm. Kinde and Jenny provided a framework to break down and make sense of some of the swirling."

— Lauren, Portland OR

"I recently had the great experience of attending a series of classes entitled Metabolizing the Apocalypse. This was a life changing experience for me. I got to learn so much about my emotions, my body, my soul and the world around me. Through the course, I identified some triggers that sent me "spinning" in the wrong direction. These classes are individualized for every person in attendance. I gained much peace in my life that I credit to these classes. Thank you Kinde and Jenny."

— Marsha, Holladay, UT