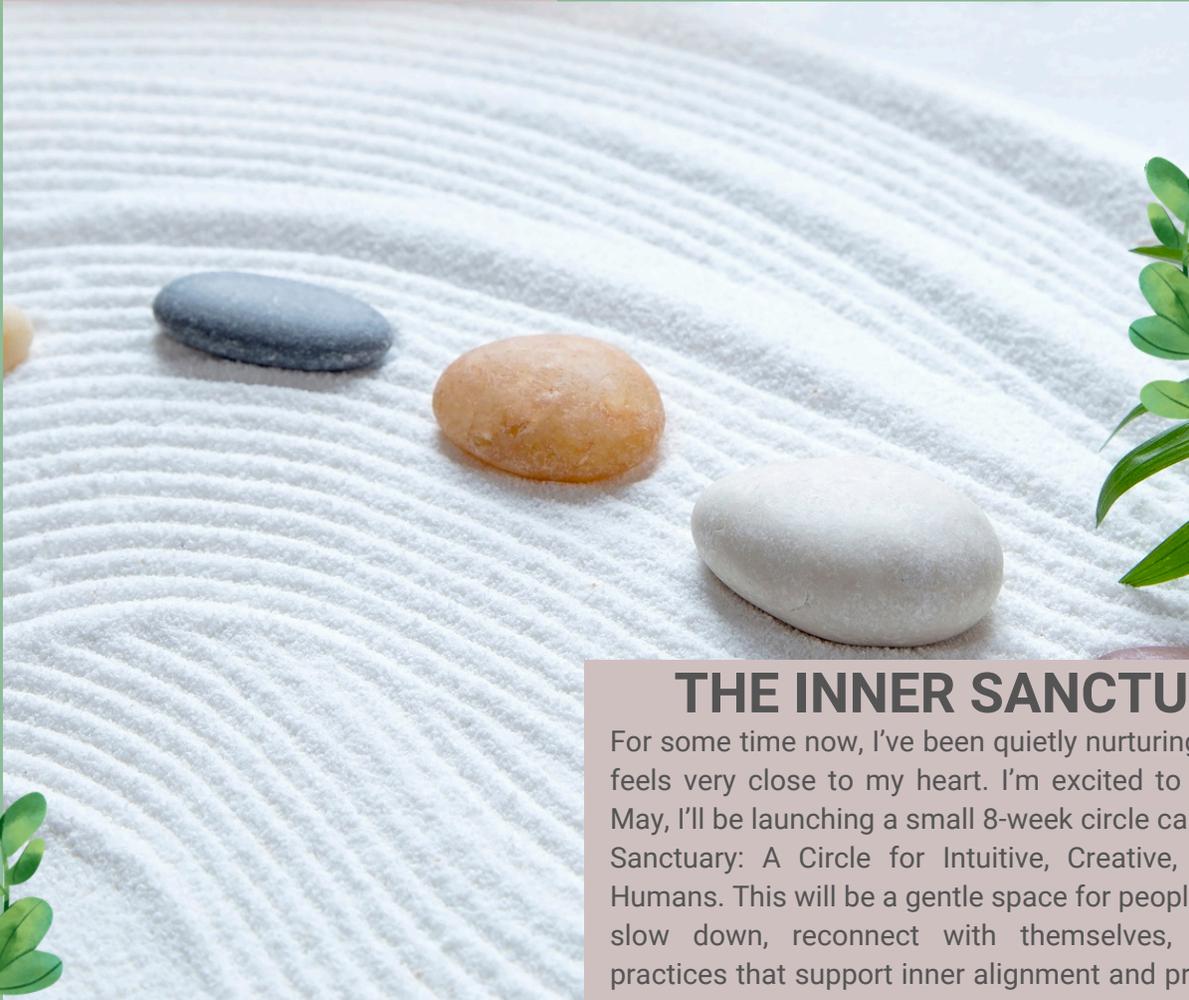




# Spring Happenings

# A SPOT OF SERENITY



## THE INNER SANCTUARY

For some time now, I've been quietly nurturing an idea that feels very close to my heart. I'm excited to share that in May, I'll be launching a small 8-week circle called The Inner Sanctuary: A Circle for Intuitive, Creative, Deep-Feeling Humans. This will be a gentle space for people who long to slow down, reconnect with themselves, and explore practices that support inner alignment and presence. Each weekly virtual gathering will weave together meditation, Qigong, parts-work exploration, creative reflection, and optional sharing in a supportive and intimate setting.

To preserve depth & connection, the circle will be capped at 8 participants. I'll be sharing more details soon, but if this resonates with you, feel free to reach out! 919-749-5072; ampujaabby@gmail.com.

Namaste, and Happy Spring! : )

~Abby

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*"If you want **others** to be happy, practice **compassion**. If you want to be happy, practice **compassion**."*

*-The 14<sup>th</sup> Dalai Lama*





# TONGLEN: HEALING THROUGH THE BREATH

Check out my latest blog post, where I explore the practices of bodhichitta and tonglen – and how a simple shift in the breath can help us meet suffering with compassion instead of closing our hearts.

PAUSE. BREATHE.



## REIKI!

### LEVEL 1 TRAININGS IN MAY

May 2: **In-Person** Reiki I Training in Durham, NC  
May 30: **Virtual** Reiki I Training on Zoom

During these interactive and experiential workshops, you will delve deeply into the Japanese art of energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances.

Reiki Level I provides training, course manual, Attunement and in-class experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice.

Come experience the life-transforming power of Reiki!  
Cost: \$200

Message Abby for more information or to sign up!

Contact Abby:  
919-749-5072  
ampujaabby@gmail.com

Find us Online!

<https://www.spotofserenity.com/>

*"Breathe it all in...Love it all out."  
-Pema Chodron*

