

5 Free Benefit Events June, July, August & September 2024

Donations Welcome to Benefit Different Causes

***No Experience Necessary: [Email Below to Sign-up](#)**

Thur. June 13, 5:30 PM Vegan Potluck followed by 6:30–8 PM: Bhagavadgita - a song of Love for Difficult Times (story of a student & spiritual teacher during extreme personal & social crisis). ***first 20 PPL**

Dr. John Yasenchak, clinical therapist, counselor educator, yoga practitioner & teacher of 30+ years, degree in philosophy, participated in theological training at the Harvard Divinity School, studied at Oxford Hindu Studies Program & Bhaktivedanta College, Belgium, presented for counselors on the Gita both here & in India. Gita themes & messages will be highlighted that may challenge & support us during difficult times. **100% donations to Doctors Without Borders, Save the Children.**

Thur. July 18, 6–7:30 PM: Darshan Music: Kirtan Call-and-Response Chanting ***first 20 People**

Join Carla Renzi (percussion) & Justin Maseychik (harmonium) with their original mantra songs, creating a modern take on an ancient practice. Feel free to sing, clap, or relax quietly. **Donations support Darshan Music's mission to share the joy of sacred chanting.**

Sat. July 27, 5 PM Vegan Potluck followed by 6–8 PM Sound Bath: ***first 15 People to Sign-up**

Relax in this immersive sound bath led by wonderful & talented people: Aaron Pomeranz, finishes PsyD in School Psychology this summer, multi-instrumentalist. Halley Phillips, Executive Co-Director of the Restorative Justice Institute of Maine claimed by Nipmuc Nation. Joshua Ehrlich, PhD, Clinical Psychologist, coaches leaders on resilience & mindful leadership, violinist. Eileen Mielenhausen, M.A., Reiki practitioner & sound healing guide. **100% donations to Wabanaki Public Health & Wellness.**

Sat. Aug 17, 6–7:30 PM: Takoda Dionne: Live Show ***first 20 People to Sign-up**

Takoda, a singer-songwriter with original music with a thoughtful & passionate blend of pop, rock, & folk music. He layers acoustic guitar, percussion, & bass using a single guitar with live looping & vocals often with layered harmonies. **100% donations to Maine Organic Farmers & Gardeners Assoc.**

Thur. Sept 26, 6–8 PM: NeuroMuscular Balancing, Ball Rolling Massage, Restorative Yoga, & Mindful Self-Compassion for Performance, Pain Relief, & Wellness ***first 10 People to Sign-up**

Josh Warren, MS, LMT, & Kalindi Dinoffer, Yoga Teacher & Mindfulness Leader, will co-teach this class. Josh will share how to release muscles in minutes regardless of how long they have been tight! Release, stretch & strengthen key muscles in this gentle yoga class to lengthen the short muscles & shorten the long muscles, bringing the body toward balance. Kalindi will guide self-compassion exercises, restorative poses & a ball-rolling massage routine. **100% donations to a well-fed world: plant-based hunger solutions.**



Pictured are two large bays in our open-air seasonal wellness space for these special evenings. We have mats, blankets, & chairs.

Location: Lamoine, ME

Email Josh To Sign-up since **limited space**
& to receive our home **address:**

Josh@NeuroMuscularBalancing.com

More info: **NeuroMuscularBalancing.com**

