

ENCOUNTERING BALANCE

A CONTINUUM EQUINOX DIVE WITH MEGAN BATHORY-PEELER

SATURDAY, SEPTEMBER 20, 2025 • 1:00-5:00 PM EST

HAVE AN ENCOUNTER WITH BALANCE ON THE EQUINOX THIS SEPTEMBER.

MEET THE UNKNOWN WITH POWER, CURIOSITY, AND CREATIVITY.

The self-awakening practice of Continuum reminds us to slow down, rest,
and reconnect to what is alive in each of us.

Let go.
Journey within.
Rest deeply.
Find coherency.

autumnal equinox
the moment when day
matches night

~ Mary Kendall



EVERY BODY IS WELCOME • SACRED INVESTMENT: \$30-\$75 SLIDING SCALE

INFO/REGISTER • EMAIL: MEGAN@SOMANAUTIKO.COM • CALL 413.772.0078



COMMUNITY YOGA

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