

SPIRALING INTO THE DARK

A CONTINUUM SOLSTICE DIVE WITH MEGAN BATHORY-PEELER

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

CONTINUUM REMINDS US TO SLOW DOWN, QUIET THE MIND, AND OPEN OUR HEARTS.

RETRIEVE A SENSE OF WHOLENESS AND BIOLOGICAL OPTIMISM FOR THE NEW YEAR!



"Life's water flows from darkness. Search the darkness, don't run from it." ~ Rumi
Meet the unknown with power, curiosity, and creativity this Solstice.

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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