

## **Our Lonely Hearts: Rituals of Belonging & Kinship**

Loneliness is such a part of our daily modern lives, yet there is a whole living world awaiting our return. How do we create connection in the midst of the chaos of daily life? How do we nurture holdfasts of refuge for our bodies and hearts?

In this one day experiential gathering, we will grieve our loneliness, and seed our belonging in the world. Blending modern grief work from Francis Weller, mystical Andean work along with movement, writing, small groups and guided journeys, we will reconnect with our capacity to be in relationship with our inner selves and the more than human world.

**When:** Saturday May 4th, 2024, from 9-5 pm.

**Where:** Rolling Hills County Park

**Cost:** \$100, allergen free lunch included

**Group size:** 15 maximum, advance registration required by 5/1

**To register:** Email Kirsten Mowrey at:  
**[greatlakesrituals@gmail.com](mailto:greatlakesrituals@gmail.com)**

[Please note: that weekend is graduation for the University of Michigan. To prevent traffic problems, we are hosting this outside Ann Arbor, so private transportation is necessary.]

