

GoCompassion, a project of Commonweal presents

A Day to Rest and Revive for 2025

Sunday, December 8, 2024

12:30 p.m. to 4:30 p.m.

Pacific Unitarian Church
5621 Montemalaga Drive, RPV 90275

Please RSVP by December 1 st by [filling out this form](#)



Join Us:

- 12:30** Arrival, music, meditation
- 1:15.** Z- Health Practice & Introduction
- 2pm** Tea Break
- 2:15** Yoga Invitational (for all bodies)
- 3pm** Break
- 3:15** Sojourner AI, a Prayer for Humanity, workshop on how to use Sojourner
- 4:30** Departure, music

- **An afternoon of activities for health, for reflection, and for action to affirm life and continue to find ways to connect across all divides.**
- **Fundamentally, we invite you to listen deeply, care for your body, expand your mind and enjoy the beauty of what Los Angeles offers.**
- **Children are welcome (there will be snow in the children's area and teachers from the Sage School providing childcare).**
- **For all ages, all orientations and all spirits!**
- **No charge to participate**

Donations always welcome:

<https://secure.givelively.org/donate/commonweal/gift-of-compassion>