



Summer *with* Ren

A THURSDAY EVENING SERIES • JUNE • JULY • AUGUST



FOUR GATHERINGS • TWELVE EVENINGS

A summer of breath, nourishment, balance & resilience.

Join Ren Hoskin, MS, NBC-HWC, INHC on Thursday evenings at Sanctuary Somatics in Gunnison for intimate circles exploring the essential threads of vitality. Come once, or come to all!

1st THURSDAYS	ELEMENTAL RHYTHM <i>Breathwork Experience</i> A guided journey through breath as medicine — reset, transformation, return. Open to all, come as you are.	JUN 4	JUL 2	AUG 6
2nd THURSDAYS	FOOD AS MEDICINE <i>Finding Nourishment in a Noisy World</i> Cut through the noise. A grounded conversation about how to nourish yourself well at every stage. Open to all.	JUN 11	JUL 16	AUG 13
3rd THURSDAYS	BALANCE & BLOOM <i>A Hormone Health Discussion</i> Evidence-based circles about the seasons of a woman's body — held with curiosity and evidence. For women 15+.	JUN 18	JUL 23	AUG 20
4th THURSDAYS	THE LONG GAME <i>Living Fully with Autoimmunity</i> Tools, stories, and steady practice for the chronic road — and the full life alongside it.	JUN 25	JUL 30	AUG 27

Thursdays, 7 — 8:30 PM



Sanctuary Somatics

513 S. MAIN • GUNNISON, CO

Register at sanctuarysomatics.com • \$25 • Scholarships & sliding scale available

For details and Ren's credentials, visit www.myinstinctive.com/events