



## Seasonal Practices to Nurture Well-being: Summer

Live - June 22, 2022 from 12:00pm – 1:00pm (PST)

Available on-demand after 24 hours

Summer begins with the day of the longest light and shortest darkness. Summer can signal a sense of abundance—markets are filled with fresh, colorful produce, outdoor events and gatherings of friends and family call us together, and more daylight encourages us toward increased activity. After a long season of struggle—a season that some of us still find ourselves in—this invitation to acknowledge the light and recognize abundance may feel welcomed, and it may be difficult to embrace. During this season, the light can help us find clarity and reveal areas of our lives that want and/or need our attention. In this session, facilitated by Janet Novinger, we will explore breathing and movement practices that harmonize with the invitations that this season can hold.

### About the facilitator

For over 20 years, Janet Novinger, MA, has worked—both externally and internally—as an organizational consultant in the greater Seattle region with more than 200 client companies. In her trainings, Janet draws from her experience as a manager and a consultant, a master's degree in Whole Systems Design from Antioch University Seattle, and her work teaching adaptive yoga to people with challenging health conditions. An energetic, resourceful, and creative professional, she specializes in high-performance cultures, strengthening employees' resilience, and building their capacity to be effective team members. Her time at Wellspring Employee Assistance Program gave her solutions-focused experience working with some of the most challenging problems organizations and leaders experience.

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