



Turning the Wheel

*Turning the World Toward New Possibilities*

FOR IMMEDIATE RELEASE

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TAPESTRY: REGENERATION  
A GUIDED MOVEMENT ZOOM CLASS WITH TURNING THE WHEEL

WHAT: Tapestry, a guided improvisational movement class

WHEN: 5:00PM - 6:30PM MST, Wednesday, May 26, 2021

WHERE: Zoom, virtual meeting platform

Each of us needs a basket of self care practices to bolster our immune systems to prevent illness, lessen stress and soften feelings of isolation. *Tapestry*, a movement class for teens and adults of all bodies and abilities, weaves together guided dance inspired improv and creative play to cultivate the wellness of body, mind and spirit which we all need during these challenging times. Come as you are and emerge restored.

Living room led on Zoom by co-facilitators with over 40 years of combined teaching experience, Lizzi Juda and Lulu Delphine of *Turning the Wheel Missoula*. Live musical accompaniment with international musician Jesse Manno. *Tapestry: Regeneration* takes place on Wednesday, May 26, 2021 from 5:00-6:30pm MST via Zoom.

\$15 suggested donation, but please pay what you can. To receive the Zoom link, register at [turningthewheel.org/tapestry](http://turningthewheel.org/tapestry) or through Venmo @TTWMissoula. Please include your email address in the memo if payment is made through Venmo.

The theme for this installment of *Tapestry* is *Regeneration*. Our hearts have been through a trying year, together. The human heart has long been associated with emotion, courage, wisdom, and love, but newer research shows that the heart also possesses its own brain. *Tapestry: Regeneration* takes us on a movement journey into that heart brain so that you regenerate as intuitive, empowered, and responsive to whatever you encounter. Join us for this heart expanding and wellness bolstering creative play date because you do have an impact on your own resilience. Live musical accompaniment with Jesse Manno.

*Turning the Wheel* is a national nonprofit arts and education organization dedicated to making body based creative expression and play accessible to individuals of all ages, experiences, genders, and cultural and socioeconomic backgrounds. We are committed to being a contributing force in fostering vibrant, healthy communities nationwide.

*Turning the Wheel Missoula* is dedicated to fostering the social, emotional and physical health for all people.

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