



Bauman Fall Wellness Week

September 18-26, 2021

Weathering the Storms of Change



Join our free virtual and in-person workshops

wellness

- Weathering Storms of Change Together
- Covid Protection & Recovery Roundtables
- Home Fermenting - Gut Biome
- Laughter Yoga / Peace Meditation
- Mental Wellness

family

- Joyful Family Meals
- Couples Wellness
- Herbs and Spices
- Healing Foods
- Affordable Nutrition
- Kids Film Talk 'Inside Out'

Arts

- Art for Wellness
- Ancestor Stories
- The Artist Within
- Film Talk 'Eat, Pray, Love'

special events

UN Day of Peace
Honoring the
Equinox
Celebrating
Berkeley
Community

1007 University Ave.
Berkeley, CA

recovery

- Releasing Pain
- Social Emotional Learning
- Understanding Trauma
- Morning Movement
- Gentle Yoga
- Sleep

work

- Workplace Virtues
- Radical Diversity
- Food Wellness Tech

earth

- Mushroom Medicine
- Greening Sacred Space
- Backyard Gardening
- Eating Seasonally
- Climate Healing
- Water is Life

[Calendar of Events](#) at [BaumanWellness.com](#) Free Registration at [Eventbrite](#)

ALL APPLICABLE COVID PROTOCOLS WILL BE OBSERVED FOR EVENTS AT 1007 UNIVERSITY AVE., BERKELEY, CA,

Free Community Wellness Week offered every spring, summer, fall and winter