



Have you already done the Capacitar Training but would welcome the opportunity to **revisit the practices** as well as the chance to **practice teaching them to others** in a safe space online?

Join our **NEW** online series of 4 Refresher Workshops, focussing on
Practicing the Practices!

WHAT? four workshops - each 2.5 hours

1: Core Practices; 2: Practices for Body & Emotions; 3: Practices for Nourishing Core Energy; 4: Practices for Boundaries & Protection

For WHOM?

Anyone who is interested in refreshing and practicing the practices!

WHERE?

on Zoom - link will be provided

WHEN in 2024?

Saturdays: 28th Sept; 12th October; 16th November; 30th November

TIMES?

USA: Pacific: 0830-1100 — Mountain: 0930-1200

Central: 1030-1300 — Eastern: 1130-1400

EUROPE: UK/Ireland: 1630-1900

Germany/Sweden: 1730-2000 Israel/Palestine: 1830-2100

With WHOM?

Joan Condon & Nancy Adams

Interested? Contact Us:

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capacitarscotland@gmail.com

COST? Your generosity in making a donation towards the work of Capacitar

International would be received with gratitude. For USA: <http://capacitar.org/donate/>

For Europe/UK (which will be sent to Capacitar Int'l): The Cooperative Bank; Capacitar (Scotland)

Acct: 65327359 Sort Code: 089299

Capacitar International is a non-profit organisation based in Santa Cruz County, CA, USA

capacitar.org