



*YEAR OF THE
UNBREAKABLE*

FEBRUARY 24 & 25, 2023

*A gathering of reflection and
solidarity for Ukraine*

FACILITATED BY FAS TEAM MEMBERS

REGISTER HERE

INVITATION

Dearest Friends,

We are honored to be able to invite you to a special event hosted online by First Aid of the Soul. This is a time for us to commemorate the Year of the Unbreakable - a gathering of reflection and solidarity for Ukraine. The event will be two-fold, taking place on February 24th and 25th, 2023.

It will be a time of collective sharing of poetry, live music, calming guided directives, reflections, and a moment of silence. The intent is to create a safe space of unity with each other, as well as one's body, alongside spending time together for resourcing and being in connection with a circle of close people.

For those who would like to, you are invited to bring your own reflections (from this unbreakable year since Russia's full-scale invasion of Ukraine) during our open sharing time on the 25th; this could be through a short song, poem, an art piece, or verbal reflection.

We are pleased to host you and your friends, family, and colleagues on these days of commemoration ~ all are welcome to attend both days.

**Please see the program below for more details.*

Yours respectfully,

First Aid of the Soul

PROGRAM OF EVENTS

February 24, 2023

Commemoration Ceremony
[18:30-19:15 Ukraine time]

Welcome

Readings/poetry

Guided Visualization

Music with Guided Directive

Moment of Silence

Embodied Experience

Closing

PROGRAM OF EVENTS

FEBRUARY 25, 2023

PART I – [16:00-17:00 UKRAINE TIME]

WELCOME

GUIDED VISUALIZATION

MUSIC WITH GUIDED DIRECTIVE

MOMENT OF SILENCE

OPEN SHARING FROM ATTENDEES

EMBODIED EXPERIENCE

CLOSING

-BREAK-

PART II – [17:00-18:00 UKRAINE TIME]

WELCOME

GUIDED VISUALIZATION

MUSIC WITH GUIDED DIRECTIVE

MOMENT OF SILENCE

OPEN SHARING FROM ATTENDEES

EMBODIED EXPERIENCE

CLOSING

-BREAK-

PART III – [18:00-19:00 UKRAINE TIME]

WELCOME

GUIDED VISUALIZATION

MUSIC WITH GUIDED DIRECTIVE

MOMENT OF SILENCE

OPEN SHARING FROM ATTENDEES

EMBODIED EXPERIENCE

CLOSING