

Queering Power

embodying our rage, grief, and joy

A queer community space for guided somatic practice to expand our capacity to embody rage, grief, and joy as portals to centered collective action towards liberation. This politicized space will center somatic practice time, education on embodiment and the nervous system, and community connection.

No experience with somatics needed. Each practice is by invitation and participants can opt in and out as desired.

Facilitated by:



Phillippe Citrine (ze/zir)

MFT



Diana Parra (they/them/elle)

LCMHC, SEP

6 group weekly series

April 24-May 29

Fridays 3-5pm

