

**WACES
Presents**

**A Multicultural Awareness
& Sustainability Series
(MASS) Event**

From Rasa to Karya: Embodying the Stories We Carry in Supervision

A Somatic Framework for Navigating Social Location

Presenter: Brian Kimmel

**The key takeaways for the audience
will be to:**

- Learn the Rasa-Meditasi-Karya somatic framework for assessing cultural narratives.
- Practice "The Great Exhale" technique for nervous system regulation.
- Apply somatic tools to navigate social location and bias in supervision.

Friday May
1st 12:00 PM
PST
1 Free CEU
Hour

Where: Join us on Zoom:

[https://paloaltou.zoom.us/meeting/register/
yir2kPbCTJWtQFO8uF7cOA](https://paloaltou.zoom.us/meeting/register/yir2kPbCTJWtQFO8uF7cOA)



**Special surprise
book raffle
during the event**

