

Join us for The Official Pre-Launch Community Event
Hosted by Dr. Nancy Gahles and The Rockaway Sangha

Saturday May 9th 2020 11am to 1 pm

Rockaway Beach Blvd and Boardwalk, Beach 94th St.



Schedule...Casual Event...no tickets needed...join us.

11 am to 11:30 am. Gathering of Kindred Spirits

- ❖ Gather in this beautiful and historic setting to hear the story of Compassionate Rockaway.
- ❖ Hear “The Compassion Caravan” story and how it is offering Healing to Nurses through Compassionate Listening and Self - Care.
- ❖ Experience the reading of the Mother’s Day Proclamation; a powerful historical document written by Julia Ward Howe in 1870 in spirit of compassion and desire for world peace.

11:30 to 12:45 pm Experiential

- ❖ De-stress listening to a beautiful guided imagery
- ❖ Walk an Outdoor Labyrinth
- ❖ Sign the Declaration of Compassion
- ❖ Relax on a Listening Bench

12:45 to 1:00 pm Closing

- ❖ Manifesting Miracles Invitation