

Self-Care  
Classes  
Santa  
Monica,  
June 2020  
Summary

ALL DONATIONS GO TO  
THE PEOPLE CONCERN, LA

Self Care  
daily



STARTING 22ND JUNE  
DAILY 10AM LA /  
6PM UK VIA ZOOM

MONDAY - MEETING OURSELVES  
TUESDAY - SELF-MASSAGE  
WEDNESDAY - YOGA NIDRA  
THURSDAY - PAINTING  
FRIDAY - YIN YOGA

Rsvp  
naominewlan  
@yahoo.com  
(310) 310 4991

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## Donation Receipt



Transaction Total	\$104.00 USD
Tax Deductible Amount	\$104.00 USD
Date	June 26, 2020
Organization Tax ID	95-6143865

Hi Naomi,

Many thanks for your partnership and support during these uncertain times. Your gift ensures that we're well-equipped to take on the challenges that lie ahead and continue providing the life-saving resources and services our vulnerable neighbors need now more than ever.

In the midst of this public health emergency, we're working with dedication, care and great urgency to continue delivering ALL of our essential programs, uninterrupted. Thank you for making this possible.

Take care and stay safe.

With gratitude,

The People Concern

P.S. You can follow our COVID-19 updates and learn about more ways to help at [thepeopleconcern.org/covid-19](https://thepeopleconcern.org/covid-19).

# Summary

I set up the course to run daily at 10am Monday to Friday for an hour. Each day we focused on different techniques but began each session in the same way in order for people to create a ritual that they could take into their daily lives

4 people joined the whole course and another 4 people 'dropped in' to specific days.

We had a great week. I learned that it was lovely to build daily as opposed to bi-weekly or monthly classes. The group grew to trust each other and we had fun. I also feel that building on techniques daily helped to cement techniques within body memory.

## *Take aways*

I would definitely run week long courses again and working via zoom online worked fine. I probably wouldn't allow drop ins again as this disrupted the private bond the group were creating and the flow of the class as new people were learning the techniques which were already established.

Watching people's breakthroughs and learning that they had incorporated things into their daily lives was so heart warming! And we managed to raise some money for The People Concern, the charity that I originally aimed to work with pre-Covid 19.

# Testimonials

My daughter and myself took part in Naomi Newlan's Self Care Online Course.

Over the course of the week Naomi shared many different techniques to support us in our day to day wellbeing. Of the many techniques she shared with us and which was one of our favourites was the massage workshop. During this she showed us how to self massage our body and I have to say this is something I constantly use and has greatly helped improve my stress levels.

Another workshop we loved was the Intuitive Painting Group which was fantastic and really opened me up to expressing myself through art. We have continued to attend this group every Saturday and find it fantastic to be able to express ourselves through art and meet so many people from around the world.

Naomi has such a calming and loving approach which makes it really easy to relate to what she is sharing with us!

**Grainne and Amelia Fox**

Naomi's self care classes are a revelation - they are more like a toolkit of things you can take away, drawing on a wide range of spiritual practices. They left me feeling so much lighter!

**Karina Kumar**

I loved doing Naomi's one week self-care course. The course was structured really well so each session was no more than an hour and we did something new each day. There was breath work, self-massage, painting and yoga, all of which made me feel good at the time, but also provided me with a great little tool kit of things I can do on the spot to rebalance myself if I feel out of whack (which seems to be fairly often during lockdown!). Naomi created a gentle and trusting space for us all and I looked forward to being with the group each day as the week went on. I recommend this course to anyone who needs some love and support.

**Annie Lapaz**