

Workshop Offering: Friendship as Foundation



Inspired by [an article by John McKnight](#), ABCD Steward, Jess Wyatt, developed the foundations for a workshop rooted in ABCD principles and practices for the broader ABCD community. *Friendship as Foundation - Softening the boundaries between Being and Doing in relationship with others and yourself* is a month-long online transformational experience where participants will leave feeling more aligned and energetic in their mind, body, and spirit through a practice of nurturing friendship and physical movement.

Using Aristotle's three varieties of friendship (utility, pleasure, and virtue) in tandem with a yoga practice, we will co-create a practice of finding balance to support healing personal and professional burnout from the last year and beyond. This experience is designed to be done in self-selected pairs (you and a friend of your choosing) and consists of three (3) two-hour workshops and four (4) yoga sessions, all facilitated virtually.

If this is an experience that sounds interesting to you personally, or to an organization you work with, [contact Jess Wyatt for more information on cost and logistics.](#)

