

DRLN Storytelling Circles

Community, Connection, and Story



Gather with us for our fourth story circle as we explore the stories that bring **us together**, and **connect us** across culture, race, gender, class, and social-economic class. We will lean into the magic of how stories **invite us to share our humanity with others**.

Led by Tecca Thompson, our session will start with an invitation to **grounding and gentle somatic practices**, followed by a community check-in and introduction to a monthly theme or topic. For this circle, we will use an **empathy exchange** story model that will allow us to highlight our shared humanity.



Date:

February 8, 2023

Time:

1:00 pm - 2:30 pm (PST)

4:00 pm - 5:30 pm (EST)

[Register Here](#)

*About
Tecca*

Self-Care Facilitator|Storyteller|Community Builder

Tecca is a somatic stress relief practitioner, a breathwork coach, and a trained yoga Nidra guide. She is also a 2021 graduate of the Hearth Certificate Community Storytelling program. She describes herself as coming from a family of natural storytellers, but it wasn't until the stillness of the pandemic and the discovery of a practice called "somatics" that she could find her voice and ability to tell her own stories. Tecca now uses breathwork, somatics, and story to build community and create powerful spaces of rest, healing, and transformation.