

# TOWeekend

A weekend for self care, resilience, activism and collective care through somatic abolitionism & social justice somatics

### Why Gather?

Because care manifests in the body and grows through community.

A space for connection, presence and transformation, rooted in Process Work, Mindfulness and Holding Space



**24-26 April 2026**



**€620\***



**place to be defined**

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**\*see details on website**

**Facilitation in French, English and Dutch**