



WORKSHOPS

Mii amo

From Loneliness to Connection

Presented by Ashiko Rupp

4:30 – 5:30 pm
Mii amo Library

From time to time, every person experiences loneliness in one way or another. This workshop explores a deeper connection with ourselves and others. Connecting and listening to each other brings us out of isolation, and you may discover the gift in loneliness: a deepened and more loving connection to yourself.

ABOUT THE PRESENTER

Ashiko Rupp grew up in Switzerland and studied Anthropology and Sociology. Early in her career, she traveled to India to study meditation and many forms of therapy. Her life-long passion of working with people led her to Sedona. She is part of the Mindfulness Team at Mii amo and offers many different treatments including hypnosis, past life regression, life coaching, compassionate communication, intuitive readings and aura photography among others.