

# **Metabolizing Emotion: How to be in touch with yourself**

**April 17-18, 2021 with Nick Kranz**

**Tentative Schedule (All times in EST)**

## **Saturday April 17**

10:00-11:30 am: Intro talk; learning and practicing together on Zoom

11:30am-1:00 pm: Break

1:00-3:30pm: Individual practice

3:30-5:00pm: Learning and practicing together on Zoom

## **Sunday April 18**

10:00am-Noon: Learning and practicing together on Zoom; closing talk