

PUDDLE DOCK VILLAGE FESTIVAL

NEED ADVICE? LET YOUR BODY BE YOUR GUIDE

Thursday, July 31, 5:30-7:00 PM
The Peace Gallery
112 Main Street, Damariscotta, ME

Stuck at a crossroads? This interactive session with Annie Blair and Carol Zahner offers simple, body-based practices to help you pause, listen inward, and move toward clarity.



This event is presented as part of the Puddle Dock Village Festival, an arts & humanities project in support of community justice and wellbeing taking place July 5 through August 3.

Annie Blair (she/her) is a Walpole-based practitioner of Social Presencing, a body-based practice that invites reflection, connection, and meaningful change.

Carol Zahner (she/her) lives in Walpole, Maine, and practices Social Presencing to support individual and collective insight through embodied awareness.

Free and open to the public



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