

## Wednesday Gathering in Rockville - Boundaries and Hugs and Ostara 3/18/09

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This Wednesday [Sandbox gathering](#) we practice expressing our boundaries and giving hugs. Do you have trouble saying what you want? Or saying no to a request? Here is a safe time to practice and experiment in the Sandbox - where you know that any boundaries that you express will be supported by others and the group as a whole. We will also look at the different kinds of hugs that people give - the firm bear hug, the wimpy hug, the A-frame hug and the yummy hug. And how to gracefully sidestep a hug if you don't want to hug that person right now. If you have other hug types to suggest let me know!

Ostara (spring equinox pagan holiday) is on Friday 3/20/09. So this is a great time to think about planting new ideas and habits for the coming year. So if you have trouble asking clearly for what you want, or saying No, or hearing No or saying Yes or hearing Yes then come to this gathering and we will plant some seeds for new behaviors in time for Beltane!

The hugs begin after dinner at 8pm. I invite you to join us, though as always whatever choice you make you will be honored in.