



2025 FRONTLINE RESILIENCE PROGRAMS

Astoria's Frontline Resilience Series is designed to build social support and increase resilience for our frontline heroes.

Critical Service Providers are the true backbone of this community, continuing to provide 24-hour support and services to our most vulnerable members. With a mission to connect the community through inspiring experiences in nature that improve livability, health, and well-being, we offer monthly complimentary programs to over 20 partnering organizations that provide essential services.

- Sunday, January 19th: Yoga + Sound Bath with Medicine Wheel Wellness & Hot Springs Soak
- Sunday, January 26th: Integrative Breathwork with Medicine Wheel Wellness & Hot Springs soak
- Sunday, February 23rd: Astoria's Wellness Retreat, 50% discount for Critical Service Providers
- Sunday, March 9th: Morning Meditation in the River Pool with Rooted Mind & Hot Springs soak
- Saturday, April 12th: Teton County Health Dept program in Spanish & Hot Springs soak
- Sunday, April 27th: Yoga + Sound Bath with Medicine Wheel Wellness & Hot Springs soak
- Saturday, May 3rd: Write Well – Creative Writing as a Healing Practice with Matt Daly & Hot Springs soak
- Saturday, May 17th: Art and Credible Mind with Teton County Health Dept & Hot Springs soak
- Sunday, May 25th: Integrative Breathwork with Medicine Wheel Wellness & Hot Springs soak
- Sunday, June 8th: Yoga + Sound Bath & Hot Springs soak
- Saturday, August 23rd: Astoria's Wellness Retreat, 50% discount for Critical Service Providers
- Sunday, September 28th: Morning Mediation in the River Pool with Rooted Mind & Hot Springs soak
- Sunday, October 12th: Yoga + Sound Bath with Medicine Wheel Wellness & Hot Springs Soak
- Sunday, October 26th: Integrative Breathwork with Medicine Wheel Wellness & Hot Springs soak
- Sunday, November 16th: Yoga + Sound Bath with Medicine Wheel Wellness & Hot Springs soak
- Sunday, December 14th: Yoga + Sound Bath with Medicine Wheel Wellness & Hot Springs soak
- **Stay tuned for complimentary pop-up soaks!**

Exclusively for Critical Service Providers

**Email: carolyn@astoriapark.org
to sign up. Space is limited.**
Include your name, title, & organization



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