Ending Well

Focusing to Support Our Mortality

Monthly gatherings (75 min) Third Saturdays with Ela & Katarina

10:00 New York time.

Thinking In Movement Studio

Focusing with shared reflection and spiritual themes.
A gentle movement exploration grounds each session.

We welcome you to sign up here for the Zoom Link.



Ela Antoniak-Zawadzka



Katarina Halm

Ending well: The intention of these gatherings is to tune in with our Focusing as we support the mortal nature of our living in every season. Rather than treating death as something separate from life, we bring awareness, curiosity, compassion and appreciation to the reality and beauty of our lives being finite. Participants are welcomed into a space where we share dreams, insights, questions and experiences related to the transitions that accompany the end of life.

Here is a video clip including more about Ela & Katarina: Possibilities for Ending Well with Ela Antoniak-Zawadzka & Katarina Halm Help For Helpers 09 28 2026

Optional contributions to the studio are helpful and timely:
https://thinkinginmovement.ca/contribution-studio/

Continuing into our third year of the project, it will be lovely to see you soon,
Ela & Katarina