

Your Emotional Body

Tools and Permission for Living Fully

5 Saturdays from 11am - 2pm, April 27, May 4, 11, 18, June 1, 2019



Do you get overwhelmed or feel out of touch with your emotions?

Do your emotions get in the way of your relationships?

Move from being a victim of emotions, to feeling empowered by them

Learn to rely on your emotions for wisdom and support through embodiment practices, creativity, ritual and the power of community

April Pojman LPC is a therapist who works to make the unconscious patterns behind our actions visible through creativity and nature.

www.lions-breath.com

Hannah Kinderlehrer is a coach, meditation teacher and women's group leader. She is a graduate of Naropa and the Hakomi Institute.

www.riseandthrive.care

\$350 for 5 sessions or \$300 early bird before March 1st
Register at: www.YourEmotionalBody2019.eventbrite.com

