

Runs  
**Wednesdays**  
Sept 28-Nov 16  
6-8 PM



# We Ask Too Little of the Body

## An 8-Week Experiment in Embodied Living for Women

What if you found out that your body loves you, your vulnerability, your truth, your voice and your messy unfolding? In this 8-week group we'll create a safe non-judgmental space to explore our emotional experiences in our bodies. You'll learn to decipher the messages of your body, unearth some of the unconscious patterns that have been running your life, and stop avoiding the life you desire. Through relationship, creativity, nature and your own breathing body, you can begin to let go of who you thought you were, and become who your body knows you really are. Early bird price (by Sept 12): \$350 or \$375 after that.

April Pojman MA, MS, LPC, CHT and Karina Maria MA, LPC both graduated from Naropa University and are passionate about supporting women in their journey of coming home to themselves. Group runs 8 Wednesdays 6-8pm from Sept 28 to Nov 16th, 2016

Feel called to join us? Trust that!

Please register at [www.we-ask-too-little-of-the-body.eventbrite.com](http://www.we-ask-too-little-of-the-body.eventbrite.com) or contact Karina with any questions [karinamariacounseling@gmail.com](mailto:karinamariacounseling@gmail.com)  
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