

INNER BEAUTY SHOP

A PROGRAM BY  EMBODYLOVEMOVEMENT®

Three Optional
Dates:

2017

January 24th, 5-8 pm

March 28th, 5-8 pm

May 23rd, 5-8 pm



Inner Beauty Shop is a powerful experiential workshop for young women

EXPOSE
MEDIA MYTHS

CHANGE THE
CONVERSATION

COMMIT TO
COMPASSION

RECOGNIZE
YOUR WORTH

You are beautiful.

How to register: www.IntegratedPsychotherapy.com/groups-workshops

The fee is: \$45

The Inner Beauty Shop™ is a transformational journey that will lead you to finding radical self-acceptance. Through media literacy, experiential exercises, embodied expression, and processing with peers, you will leave behind the critic and instead embrace compassion. This workshop is designed to shift us away from isolation and into inter-dependency as we work together to create a world where we all feel lovable without condition.

embodylovemovement.org

Facilitated by: Sherri Snyder-Roche, MA, LMHC

LOCATION: Integrated Psychotherapy
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www.IntegratedPsychotherapy.com