

What if you just let go of self improvement and found your way toward self acceptance?

Insight Meditation – A Path to the Authentic You

Group or Individual Instruction

From reducing anxiety and depression to fostering healthier thinking, focus and performance, the **benefits of mindfulness and insight meditation are well documented.**

As a licensed practicing psychotherapist with a certification in Mind Body Intelligence™, **Tracey Ellenbogen, MSW** is committed to working with you individually or in a group setting to help you **discover the power of compassionate openness and the ability to gently accept and learn from the moment.**

All classes and instruction are based on teachings and practices from a variety of wisdom traditions including Buddhism, Western psychotherapy, and Mind Body Intelligence® Trainings.

To learn more, please **contact Tracey** at traceybogen@gmail.com or **610.864.1294**. To learn more, check out www.traceymsw.com

