

# Your Emotional Body

Tools and Permission for Living Fully

6 Sundays 12pm - 3pm

Sept 29-Nov 3, 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](http://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](http://www.riseandthrive.care)

\$375 for 6 sessions or \$325 early bird before August 31st

Register at: [www.simcounseling.com/book-online/your-emotional-body](http://www.simcounseling.com/book-online/your-emotional-body)

