

# Rewrite Your Emotional Story

5 Saturdays 11am - 2pm

April 4-May 2, 2020



What if you could rewrite your story?

What if you found a new way to work with the pains from the past?

What if you didn't have to repeat the same emotional patterns over and over?

What if you no longer felt overwhelmed or out of touch with your emotions?

What if you had more freedom and choice around your emotions?

Join this highly experiential group to transform your emotional stuckness into wisdom and possibility

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)

\$350 for 5 sessions or \$325 early bird before March 1st, 2020  
Register at: [www.simcounseling.com/book-online/your-emotional-body](http://www.simcounseling.com/book-online/your-emotional-body)

