

INNER BEAUTY SHOP

A PROGRAM BY  EMBODYLOVEMOVEMENT®

Date
Options:

August 12, 1-4 pm

September 27, 5-8

November 1, 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.html

The fee is: \$45

HOSTED BY:

Facilitator: Sherri Snyder-Roche, MA, LMHC

Certified Embody Love Facilitator

LOCATION: 31 Hastings Street, Mendon, MA 01756

PH: 508.473.1200 (X1)

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