

EMBODYLOVEWORKSHOP™

A PROGRAM BY  EMBODYLOVEMOVEMENT®

DATE
OPTIONS

AUGUST 26, 1-4 PM

SEPTEMBER 20, 5-8 PM

NOVEMBER 1, 5-8 PM



[If you prefer, you may list event age group here]

EXPOSE
MEDIA MYTHS

CHANGE THE
CONVERSATION

COMMIT TO
COMPASSION

RECOGNIZE
YOUR WORTH



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

The fee is: \$45

HOSTED BY:

The Embody Love Workshop™ 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

Certified EmBody Love Facilitator

LOCATION: 31 Hasting Street Mendon, MA 01956

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