

Your Emotional Body

Tools and Permission for Living Fully

Thursdays from 12-2pm Feb 22 to Mar 22, 2018



Do you get overwhelmed by emotions or do you feel out of touch with your feelings?

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 is a therapist who works to make the unconscious patterns behind our actions visible through creativity and nature.
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



\$300 for 5 sessions or \$250 early bird before Feb. 4
Register at: www.YourEmotionalBody.eventbrite.com