



## The Body Reveals

A workshop to awaken your understanding of what your Body and Soul are telling you

Saturday, May 22, 10am to 5pm

with

*Lisa Berman*

Holistic Health Practitioner, Counselor

In this inspiring workshop you will explore the messages of your body and your soul. You will gain insights about the direct and hidden messages of your body and you will take home a new understanding of the way your body reveals its truth. You will leave this workshop self-empowered by gaining a new partnership with your body, the temple of your soul. This is a hands-on workshop combining meditations, teachings and exercises.

You will:

- develop an understanding about the connectedness between your emotions, thought patterns and their manifestation in your body
- learn what your specific organs are telling you and find out its positive potential
- practice how to connect with your Being, your I AM
- experience a healing Body Constellation.

**To Register:** [lisa@BermanHealingArts.com](mailto:lisa@BermanHealingArts.com) or call 360.697.2288

**Fee:** \$70 to hold your space, mail a check to:

**Location:** Lisa Berman, 7238 William Rogers Rd., Indianola, WA 98342

**To Bring:** Bag lunch, comfortable clothing