



The Body Reveals

Two workshops to awaken your understanding of what your Body and Soul are telling you.

Part 1: Awakening

Saturday, March 13, 2 to 5pm

Part 2: Deepening

Saturday, March 27, 2 to 5 pm

with

Lisa Berman

Healing Practitioner, Psychosomatic Counselor

In these inspiring workshops you will explore the messages of your body and 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. The nature of this workshop is self-empowerment and going in a new partnership with your body, the temple of your soul.

- *Part 1 'The Body Reveals, Awakening'*

You will:

- develop an understanding about the connectedness between your emotions, thought patterns and their manifestation in your body
- experience self-empowerment with new awareness and insights
- learn about your life's immanent potential

You will take home diagnostic tools:

- Foot Reflexology
- a mindful body awareness practice.

- *Part 2 'The Body Reveals, Deepening'*

You will:

- learn what your specific organs are telling you
- practice how to connect with your Being, your I AM
- experience a Healing Systemic Body Constellation
- leave the workshop with a greater experience of inner peace.

To Register: lisa@BermanHealingArts.com or call 360.697.2288

Fee: \$35 each Saturday. To hold your space, mail a check to:

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