



The Body Reveals

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

Part 1: Awakening

Saturday, December 5th, 2 to 5pm

Part 2: Deepening

Saturday, December 12th, 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 a deeper understanding about the connectedness between emotions, thought patterns, nerve, hormone and the immune system
- experience a self-empowerment
- 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:

- extend your awareness what your specific organ/s are telling you
- learn, how to connect with your Being, your I AM
- leave the workshop with a greater experience of inner peace.

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

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

To Register: lisa@BermanHealingArts.com or call 360.697.2288