

Harmony Heals, Inc



BODY, MIND AND SPIRIT WORKSHOPS

BALANCING BODY, MIND AND SPIRIT: THREE TWO- HOUR CLASSES OF PRACTICAL, THERAPEUTIC, FUN AND EASILY APPLICABLE PRINCIPLES TO HELP YOU BALANCE ALL ASPECTS OF MIND, BODY AND SPIRIT. WISDOM FROM THE LEADING EXPERTS IN NUMEROUS DISCIPLINES WILL HELP YOU MAKE THE NECESSARY CHANGES IN ONE OR ALL ASPECTS, WHICH WILL LEAD TO MORE HARMONIOUS AND BALANCED LIVING. SOMETIMES ONLY A MINOR CHANGE CAN HAVE A POSITIVELY PROFOUND IMPACT IN YOUR LIFE. TREAT YOURSELF TO AN EDUCATIONAL, INSPIRING AND ENLIGHTENING EXPERIENCE.

FOURTH SATURDAY OF THE MONTH

SEEKING SERENITY - A BODY, MIND AND SOUL SEARCHING GROUP FOR WOMEN: NEGLECT, ABUSE, CHALLENGES, STRESSES AND HARDSHIPS FROM OUR PAST AND IN OUR PRESENT LIFE CAN LEAVE US FEELING EXHAUSTED, LOST AND CONFUSED. WE MAKE POOR CHOICES, USE BAD JUDGMENTS AND BUILD REGRETS. WE REPEAT OLD PATTERNS OF BEHAVIOR, SLOWLY GIVING UP PIECES OF OURSELVES; WHICH KEEPS US FROM FULFILLING OUR DREAMS, GOALS AND PASSIONS IN LIFE. MEET WOMEN WHO UNDERSTAND THIS FEELING, IN A COMFORTABLE, SAFE, THERAPEUTIC ENVIRONMENT. TAKE CHARGE OF THIS MOMENT AND EXPLORE THE DEPTHS OF YOUR SOUL. UNDERSTAND WHO YOU REALLY ARE, WHILE FINDING THE SERENITY YOU NEED TO ACHIEVE WHAT YOU WANT IN YOUR LIFE.

THIS GROUP PROCESS UTILIZES PSYCHODRAMA TECHNIQUES. PSYCHODRAMA IS AN ACTION-BASED PSYCHOTHERAPY. BY ENACTING SCENES OF CONFLICT FROM OUR PAST, OUR PRESENT REALITY OR FUTURE POTENTIAL, WE EXPLORE, GAIN INSIGHT AND FIND A REASONABLE SOLUTION.

MONDAY: 11:00 AM TO 1:00 PM

TUESDAY: 10:00 AM TO 12:00 PM

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