



ADVANCED HEALING GROUND



OBJECTIVES

Unlock the Healing Ground: Advanced Realization Process Course

Join us for a transformative journey into the relational aspects of Dr. Judith Blackstone's Realization Process. In this advanced course, dive deep into your body's holding patterns and explore how you've adapted to your environment and relationships.

Experience the powerful release technique designed to free your body and mind from tension, chronic stress, and outdated defense mechanisms that no longer serve your well-being.

Emerge refreshed and realigned, ready to experience life with renewed presence, vitality and confidence.

BENEFITS

1. Deepen Your Understanding of the Body's Architecture:

Explore the intricacies of the fascia system and the principles of tensegrity. Gain insight into how your body's structure and alignment influence your overall well-being.

2. Master Advanced Release Techniques:

Learn to skillfully apply advanced release methods to free yourself from the deep-seated effects of relational, cultural constraints and systemic wounds. Discover how to unbind from the patterns that restrict your potential.

3. Enhance Perception and Intuition:

Advance your abilities in the 'see/feel' technique, increasing your capacity to perceive and interact with the world around you with greater sensitivity and awareness. Empower yourself to live with a heightened sense of connection and insight.

AT A GLANCE

DATE + TIME:

September 7 and 8
8:00 am to 4:00 pm EST
Online Live via Zoom

REGISTRATION:

www.beherenowmindfulness.com

PREREQUISITE:

Intro to Healing Ground must be completed before enrollment.

**All Be Here Now Mindfulness courses are not suitable to those in acute crisis and require self-reliance.

13 CORE CONTINUED EDUCATION CREDITS APPROVED BY LPCA-GA



JENNIFER FINCH

MA, LPC, SEP, NCC
Senior Realization Process Teacher

Healing is a felt-sense gained not through the mind, but through the body. For over 20 years, I have been dedicated to helping individuals connect back to their wholeness through embodiment and somatic psychotherapy practices.