OFTEN REPAIRED WITH GOLD.

THE FLAW IS SEEN AS A UNIQUE
PIECE OF THE OBJECT'S

HISTORY, WHICH ADDS TO ITS

BEAUTY. WHEN WE FEEL

BROKEN, WE CAN USE THE ART

BE HERE NOW MINDFULNESS, LLC Corratic Fealing





Workshop Details

Date: TBD

Location: Private Residence or Place of Employment (Atlanta/Metro Atlanta area)

Contact Us to Schedule

www.beherenowmindfulness.com

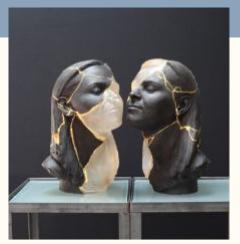


jencfinch@gmail.com

*Must have 6+ participants to schedule

Certified Somatic Meditation, Realization Process & Somatic Experiencing

www.beherenowmindfulness.com



Aboui Be Here Now Mindfulness, LLC

Be Here Now Mindfulness, LLC is dedicated to sharing experience and teachings with passion for all who wish for a healthier and happier life.

Jennifer provides somatic therapy, workshops & trainings for corporate and individuals. Her values are based upon truth, wisdom, love, compassion, and integrity.



Benefits Of Kintsugi

Somatic experience of healing

Feel more positive and confident

Overcome hindrances of forgiveness

Learn that we are Never -Not - Broker

Teacher



Jennifer Finch LPC, SEP, CBCT, Internationally Certified Meditation Coach

Jennifer graduated as a counseling psychotherapist in 2001. She combines somatic body-based therapy techniques, somatic meditation exercises and quantum psychology practices to improve individuals' quality of life.

Training Includes

Basic history and understanding of Kintsugi

Trauma informed contemplative exercises and meditation

The science of forgiveness

All materials to complete a unique take home Kintsugi art piece

Why Join Our Class

We are not broken

The world & our environment make us believe we are broken

Our relationships and life experiences are often painful

We don't have good tools to approach forgiveness toward self & others)

There is a path to end suffering if we choose to take pain & grow

