

IN JAPAN, BROKEN OBJECTS ARE  
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  
OF KINTSUGI TO HEAL.

BE HERE NOW  
MINDFULNESS, LLC  
*Somatic Healing*



*Kintsugi*  
*Turning Your Wounds  
Into Wisdom*

[www.beherenowmindfulness.com](http://www.beherenowmindfulness.com)

A 4 HOUR IMMERSIVE  
EXPERIENCE

*A Be Here Now Mindfulness  
Workshop*



### Workshop Details

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

**Contact Us to Schedule**  
[www.beherenowmindfulness.com](http://www.beherenowmindfulness.com)

✉ [jencfinch@gmail.com](mailto:jencfinch@gmail.com)

\*Must have 6+ participants to schedule

**Certified Somatic  
Meditation,  
Realization Process  
& Somatic  
Experiencing**

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# About 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 - Broken

## 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

