

Finding Realization in the Body

UNLOCK A RICHER, FULLER LIFE THROUGH YOUR BODY

Key Highlights:

- **Embrace Deep Relaxation:** Shift from the analytical dominance of the left brain to the intuitive, creative, and experiential wisdom of the right brain, which is the body. Foster profound relaxation and a heightened sense of presence.
- **Strategic Personal and Professional Growth:** This program isn't just about personal wellbeing; it's a strategic framework for holistic development in all facets of life.



Details

June 6, 13, 20, 27; July 11, 18, 25;

Aug. 8, 15, 22, 2024

Meeting Thursdays for 10 sessions via Zoom

12:00 pm to 1:30 pm EST

Live, full-participation course

Synchronous Learning

15 CORE Continued Education Credits

Approved by LPCA-GA

Course portal with recordings for any missed sessions. Open to all regardless of profession

or meditation experience. **PLEASE BOOK IN ADVANCE AT**

COST \$450

WWW.BEHERENOWMINDFULNESS.COM



Why Right Brain-Body Meditation Matters:

Making even a single change to embrace the importance of being in your body can revolutionize your approach to life. Left-brain meditation can trap us in excessive thought, stringent control, and indecision. By drawing on Somatic Experiencing, the neuroscience of meditation, Quantum Physics, and The Realization Process, we'll explore practical applications into human consciousness through body-centric experiences. Being grounded in our bodies enhances our connection with ourselves, others, and the world.

