

**THIS GROUP MEETS ONE
DAY WEEKLY FOR 8 WEEKS
VIA ZOOM**

**BEGINNING DATE THE WEEK
OF MARCH 7TH**

**CHOOSE FROM THE FOLLOWING WEEKDAYS
FOR YOUR GROUP MEETING DAY AND TIME:**

MONDAYS 6:00PM - 7:15PM

TUESDAYS 6:30PM - 7:45PM

FRIDAYS 12:00PM - 1:15PM

MINDFUL BODIES

THERAPY GROUP

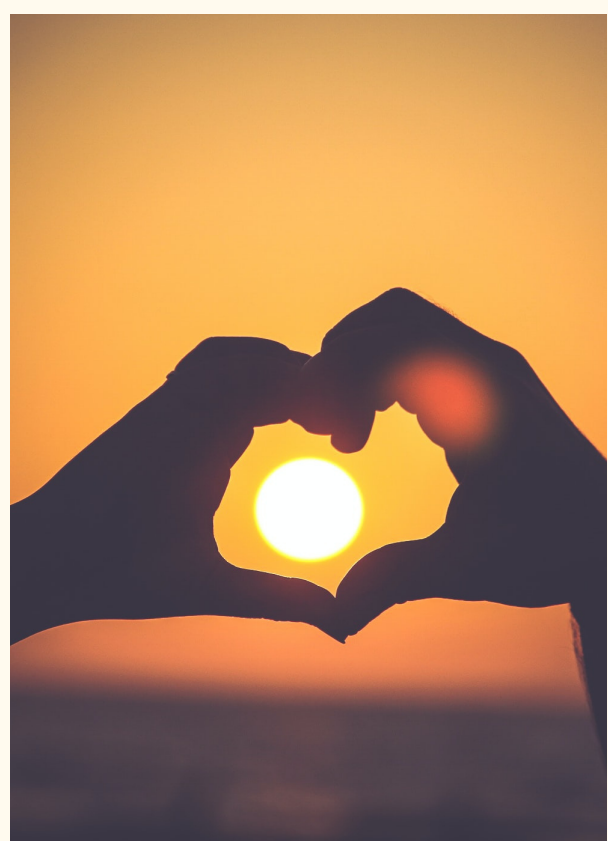
OUR BODIES COMMUNICATE SO MANY VALUABLE MESSAGES TO US. ARE YOU LISTENING?

If you are...

- feeling discomfort in sitting with your emotions -
- curious about the connection between your emotions and your deep inner life -
- wanting to develop healing rituals and habits of self care -

...then this group may be a great fit for you!

**IN THE MINDFUL BODIES GROUP WE AIM TO
RECONNECT WITH A FULLER SENSE OF OURSELVES**



In 8 weeks

- Explore a wide array of emotions
- Connect with felt sensations
- Listen and learn from others journeying alongside you
- Try out body-based practices

No previous experience with yoga or body-oriented practices is necessary to join.

Reach out to Emily Schweitzer (617) 353-8675 before mid February to reserve your spot for this group. Please leave a message with your name, number, and times you are available for a 30 minute call with your facilitators.

WE LOOK FORWARD TO HEARING FROM YOU AND JOURNEYING WITH YOU,

**LAUREN STARTUP, MSW CANDIDATE
SOPHIE SCHOENBERG, LCSW
EMILY SCHWEITZER, LCSW**