

FIND YOUR CALM CENTER

A safe place to create freedom from emotional & physical pain



At Pathways of Light

W314 N720 Hwy 83

Delafield, WI (near Target)

For questions or to register, contact
Tricia@WisconsinSomaticMovement or
(414)520-5715

Is this for you?

This workshop is for:

- Anyone who experiences patterns of behavior, thought and emotion that decreases the quality of living.

~or~

- Anyone who has persistent muscular pain, limited mobility or feels like age is catching up with them.

~or~

- Anyone who feels like an emotional or physical response is happening to you before you are able to stop it, sort of like a reflex.

A safe place for a small group to learn and grow combining Internal Family Systems Therapy & Somatic Movement

Saturday Introduction

Workshop:

February 20th, 2016 9 a.m.-1 p.m.

6 Tuesday evening sessions: 2/23,
3/1, 3/15, 4/5, 4/19 & 4/26 6-8 p.m.

1 Private IFS session

1 Private Somatic Movement
session

18 hours total for only \$499 (Some insurances may apply)

IFS therapy and Somatic Movement will help you find your calm center and help the parts of you that hold emotional and physical trauma feel soothed and relieved. You will experience a safe space to liberate your muscles, body, emotions, behaviors, thoughts, and beliefs that are triggered by your unique cycles of trauma.

Join Alan Sumwalt, LCSW, Cert IF Therapist & Tricia Engelking, Somatic Movement Coach and Educator (in-training) for this powerful and effective workshop.