

Holistic Wellness Enrichment Center

6209 Executive Blvd, Rockville, MD 20852

Call Marilyn Spenadel, MS, LCPC, ACS **(240) 426-8344**

Holistic Skill-Building Workshop:

Techniques to Find Peace From Within

Mind / Body Awareness, Resiliency & Wellness

“We have more control over our stress than we think.

*Our body hears, feels and takes on experiences
and thoughts we can learn to accept and let go of”*

Date: Sunday, July 22 **Time:** 2:00 pm – 4:30 pm

Price: Summer Special \$35 **Sign Up Online or Call:**

At www.authenticallyyu.org on PayPal, right top button

Create your “Pause Resiliency Routine”©

- **Build internal resources, acceptance, and resiliency daily**
- **Experience breath-work, meditation, mindfulness exercises**
- **Practice visualization exercises, Chakra aligning, EFT/Emotional Freedom Techniques to ease mind and body**
- **Understand how to shift mistaken beliefs and negative self-talk to more positive thoughts and uplifting energy**
- **Heart felt art project, communication, daily centering skills**
- **Learn to mindfully and compassionately connect to your inner light, authenticity, others and the bigger picture**

Integrative Psychotherapy - Healing Connections

Integrative ways to find peace by easing mind, body and soul