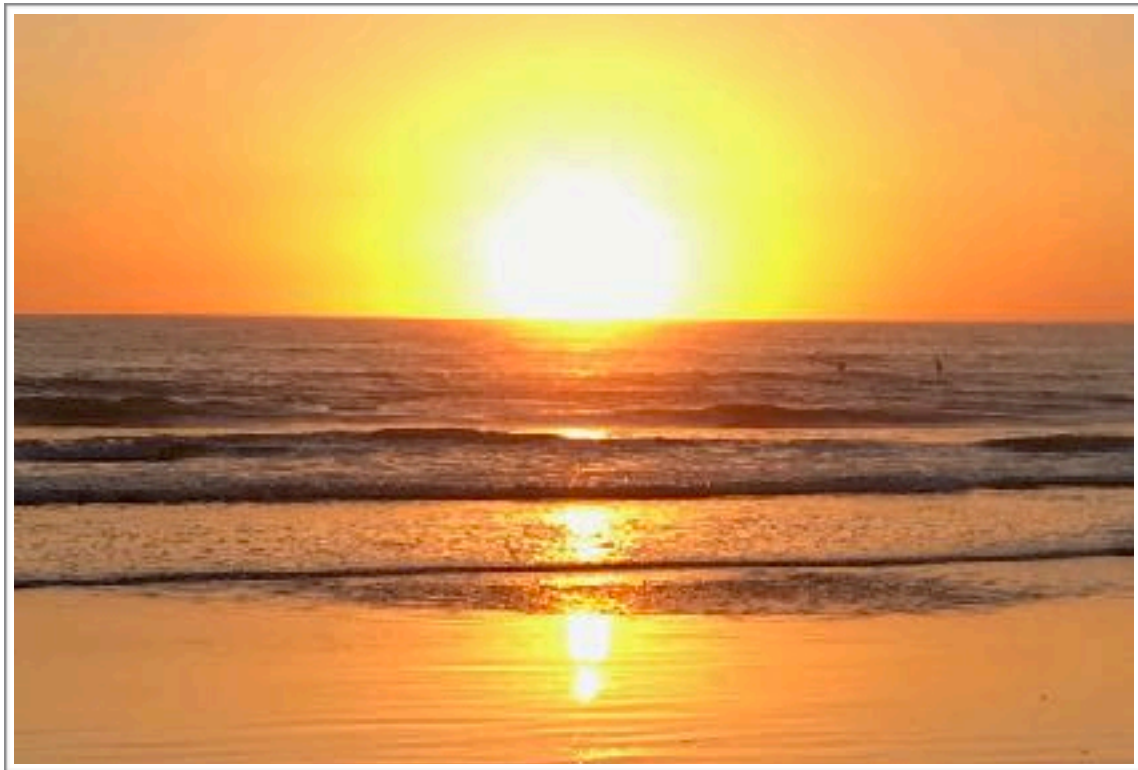


# Healing Your Inner Child

*Somatic & Expressive Arts Therapy Group*



Most of us go through life ignoring and exiling our emotional pain and wounded inner child into the basement of our psyche in the interest of practical functioning. Yet, when we repress our difficult emotions, we unknowingly lock the limited beliefs that we formed in childhood firmly in place. During this group we will utilize somatic techniques and expressive arts to instead, witness our wounded inner child with mindful understanding and compassion. This experience is transformational; restoring our ability to love and be loved as well as to let go of the things that no longer serve us.

**The group is for 6 weeks: 1/19/18 - 2/23/18 from 7:30 pm - 9:00 pm.**

**The fee is \$300 - which is due at the first session.**

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