

# Moving into Joy

## Facing Life's Challenges with Embodied Awareness, Calm, and Optimism

A free workshop



**Friday, June 7th, 6:30 – 8:30pm**

Safely and gently explore the connections between your thoughts, body, emotions, and how you move using **Sensory Awareness, Breathwork, Guided Imagery, Music, & Gentle Movement.**

- **Rebalance** your emotions and energies
- **Reconnect** with parts of yourself that feel lost or underdeveloped
- **Re-awaken** your inborn vitality
- **Reclaim** your wholeness and true potential
- **Rediscover** the joy of play and creative expression

**Bring your curiosity. We will have fun!**

**Community Unitarian Universalist Church**

2819 W. Sylvester St. Pasco, WA 99301

**Irene Bowers, Facilitator:** I am a movement teacher, Guild Certified in the *Feldenkrais Method*<sup>®</sup> and have a background in singing, acting and dance. I'm also a practitioner of Somatic Experiencing<sup>®</sup>, a psychobiological approach to reducing trauma symptoms, chronic stress and pain. I give classes, workshops and work privately with clients.

**RSVP requested, but not required.** All (16 and older) are welcome. Contact Irene at [irene@moveintojoy.com](mailto:irene@moveintojoy.com) or (213) 324-3261.