

# *Listening In*

## A Move into Joy Workshop

**Tune in to your body - Let go of the critic  
Use movement to express your authentic self**



**Sunday, November 3, 2019  
1:30 - 4:00pm**

What would it be like to really listen to your body, to the myriad sensations that tell you what you are feeling, and to the movement impulses that you often don't or can't bring to full expression?

Our body, our thoughts, emotions and movements are intimately connected and influence each other. We can use these connections to change and improve how we feel both physically and emotionally.

Come and join us in this safe and nurturing environment where you will be gently guided to explore your thoughts and feelings through:

**Movement, Music, Sensory Awareness, Imagination, Curiosity and Play**

**Date: November 3, 2019**

**Time: 1:30 - 4:00pm**

**Location: Unity Yoga** 610 The Parkway Richland, WA 99352

**Fee: \$40**

**To Register:** contact Irene Bowers **(213) 324-3261** or **irene@moveintojoy.com**

**Irene Bowers:** I am a movement teacher, Guild Certified in the *Feldenkrais Method*<sup>cm</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 persistent pain. I give classes, workshops and work privately with clients.

**[www.moveintojoy.com](http://www.moveintojoy.com)**