

Already Home

Deepen Inner Attunement through Somatic Connection, Care + Repair

A six week, small group series on Wednesdays in Carmel

This group is for individuals who want to explore, befriend and tend aspects of their life experiences that feel challenging, distressing, or out of sorts.

Using the approaches of Internal Family Systems (IFS), somatics, self-inquiry and mindfulness, we'll spend these meetings exploring these areas in a group setting.

Group focus and themes:

- Experience our innate capacity to be with emotional distress in a way that feels tolerable, empowering and constructive.
- Learn how to help our nervous system digest old emotional pains and correct misunderstandings.
- Make contact with aspects of ourselves that have been isolated, protected and excluded from our experience so they can begin to feel safer and less reactive.
- Find ease and contentment in daily living by learning how to navigate life's ups and downs with more success.



Facilitated by Yossi Beerli

Schedule: Wednesdays, 6:30-8pm. 6 weeks total, series begins on March 15th

Location: 3855 Via Nona Marie, Suite 202A, Carmel

Investment: \$200 for the full series

If you are interested, schedule a free consultation call to see if this group may be a good fit for you. Group size will be up to six people - Payment in advance is required to reserve your spot.

www.deepeningawareness.com