

# Embodying Your Inner Wisdom

A Therapy Group for Women

In this group we will use meditation, guided movement exploration, art, journaling, and group process to help us reconnect with our innate wisdom. Themes will include finding your power through movement, working with blocks and obstacles, unlocking self-love and exploring the sacred feminine, among others.

*\*No Movement or Art Experience Necessary\**



## About the Group Facilitators



Heather Hardeman is a Marriage and Family Therapist Trainee at Golden Gate Integral Counseling Center. She works with individuals and couples in a client-centered way, balancing mindfulness and psychodynamic approaches. She loves the unfolding that happens when people are witnessed in a deep, present, and compassionate way. She is also continually amazed at the power of dance and movement to heal the psyche and nourish the soul. Supervised by Lori Opal, MFC 35754



Jeanne Foss is a Marriage and Family Therapist Trainee at Pierce Street Integral Counseling Center. She works with individuals and couples within a framework of mindfulness, psychodynamic relational therapy, and a deep interest in the healing force of self-expression. She sees finding one's true voice as the ultimate fine art, regardless of the medium. Supervised by Wendy Heffner, MFC 27230

Group Will Run Wednesdays 6:30PM-9:00PM from Oct.12 to Nov.23 2011

Six-Week Commitment Required at \$20/session

This group is open to 8 women

Location: 507 Polk Street, Suite 450, San Francisco, CA 94102

Contact Heather at (415)255-2651 to Reserve a Spot

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