

Grace, Love & Wild Abandon

An ongoing Bi-weekly Woman's group

You are invited to join Lynn and a small group of extraordinary women for an exploration of our delicious feminine gifts.

Ours will be a closed and committed group where you will uncover the intimate personal choices you make in who you are 'becoming'. The intention is to help you discover feelings that are held frozen in your body to allow a softening and acceptance of your tender places that yearn to be open.

We will explore your historical triggers and responses to make changes in real time to help you live in a moment-to-moment relationship with yourself and others. We will dance, laugh, play and explore the nuance of our 'becoming' through practices and process work that are unique to 'women in group.' Some of the focus will be on claiming our sensuous nature and exploring what get's in our way of living our desire.

The group's meeting time is from 6:30-8:30pm. The commitment is for a minimum of six months. The fee is \$50 per session and will run bi-weekly.

There is an interview required if you haven't worked with me before. No woman's group experience necessary, just a willingness and desire to be more deeply alive in the truth of who you are....

Open to women in some form of evolutionary work, including bodywork & Spiritual study.

****1 spot still open****

I look forward to spending some time with you in the coming months.

warmly,

Lynn

To register email info@lifeworkscenterny.com or call 917-297-5171