

THE POWER OF THE VILLAGE

A weekly gathering especially for women



PLEASE JOIN US IN
DISCOVERING THE POWER
OF AUTHENTIC COMMUNITY
TO FACILITATE ACCESS
TO YOUR DEEPEST
EMOTIONS, DREAMS,
LONGINGS & UNIQUE GIFTS.

NEXT WOMEN'S CIRCLE BEGINNING THURSDAY, MARCH 8, 2012 **9-WEEK SERIES THEME: "AWAKENING YOUR INNER HEALER"**

At the conclusion of this 9-week workshop, you will have:

- Learned ways to deepen your relationship to Self and Other.
- Sampled both modern & ancient healing practices from cultures and traditions around the world (e.g., Qigong, Bioenergetics, Insight Meditation) to prevent and heal physical & psychological imbalance, moving closer to a state of inner harmony and holistic health.
- Explored non goal-oriented art forms and authentic movement as a means of emotional expression, balance, & empowerment.
- Begun to develop a more compassionate relationship to your Body-Mind.
- Strengthened your bond to the Divine that is all around us & especially *within you*.

About your guide: Nicole L. Coffelt, Ph.D. is a transpersonal psychologist & expressive artist. She weaves mindfulness, expressive art, and mind-body integration artfully, assisting people in accessing deeper feelings of connectedness, vitality, and authentic ways of knowing. Her passion is to empower individuals in their own lives, awakening each person to his/her radiance, creativity, and capacity to make a unique contribution to our greater global community. FOR MORE INFORMATION: www.sfpsychservices.com

***And the day came
when the risk to
remain tight in a bud
was more painful
than the risk it took
to blossom.
~ Anais Nin***



Location, Time & Financial Investment: 870 Market Street, San Francisco CA 94102
6:45-8:45p Thursdays, 3/8/12 -- 5/17/12*
*No meeting 3/29/12 or 4/19/12
\$89/weekly** (incl. guided session + materials)

****Note:** Many insurance companies will reimburse you for group work. Sliding scale available for those in financial need.

Space is limited; please register early. Pre-registration & deposit required to hold your space.

Please call (415) 517-6617 or email nicole.coffelt@gmail.com if you are interested in joining this heartfelt community of women.