

MINDFUL MOVEMENT &
FOCUSED MUSIC AND IMAGERY GROUP

CARING FOR THE SOUL

This 3-session group for adults will explore weekly themes relating to caring for our soul through: intentions, gratitude, and self-love.

Each week, group will begin with connecting our minds and bodies through movement and intentional breathing moving into focused music and imagery for your own personal journey in caring for your soul. Movement will be appropriate for everybody, no experience needed.

GROUP LED BY

Sara Devine MT-BC, NMT, LCSW, ICGC-II, WMTR
and
Melissa Benson, RYT 500

When: Mondays 6:30 - 7:45 pm
November 4, 11, and 18

Where:
Expressive Therapies,
250 N Metro Drive, Suite B
Appleton, WI

Registration Information:

- Registration Deadline: Wednesday, October 30
- Insurance accepted
- New Clients require an initial appointment prior to the group setting.
- All Clients are required to complete a registration form.
- All groups requires a minimum of 6 confirmed registrations.



For more information please contact Expressive Therapies
by phone at 920.903.1009
or Email: scheduling@expressivetherapies.net