

FINDING CONNECTION TO YOURSELF AND THE WORLD BY BEFRIENDING YOUR EMOTIONS

Stepping into the Infinite power of your Soul Series

WHAT'S GOING ON?

- Are you uncomfortable feeling sad, angry, scared, ashamed, hurt or lonely?
- Do you struggle to express who you really are?
- Does it seem like you go between anger and just 'ok' feelings?
- Do you get stuck in your thoughts or negative habits when feeling something strong or perhaps overwhelming?

When:

Saturday February 22, 2020
9:00am - 5:00pm

Where:

1400 E Oakland Park Blvd, Suite 202
Oakland Park, FL 33334

Cost:

\$250 (includes Lunch)

Your Facilitators:

Sarah DiPerna, Psy.D.

www.soulalignment.com

954.560.7629

Kurt Robbins, LMFT

www.infinitepathscounseling.com

954.604.7893

FIND YOURSELF IN A NEW WAY

Overwhelming feelings and emotional reactivity are guideposts to past wounds and unhealed experiences.

In this one-day workshop you will learn to:

- ❖ Release your emotional reactivity
- ❖ Learn to express feelings in a healthy way.
- ❖ Learn how to ground yourself and move from being overwhelmed to connected to yourself.
- ❖ Know the difference between experiences, feelings and assumptions.
- ❖ Identify and connect to the physiological experience of emotions in your body.
- ❖ Learn how to comfort yourself from within
- ❖ Learn to connect with and express your feelings, with experienced facilitators, in a community of individuals who are also committed to their own personal growth.

