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EMPOWERMENT



Beyond Abuse, Beyond Therapy, Beyond Anything

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December 27th 2016: Receiving, Allowance, and Possibilities with your Body

When is the last time you received your body? What does receiving your body look like? Would you like to have more communion with your body & receive assistance in ending judgment of you & your body? This week, we will be talking about what BODY AWARENESS is and how you can know that your body is consciousness, while allowing it to be an asset to your own consciousness & awareness. In this communion with our bodies, gratitude expands & allowance is greater, we create with flow instead of force, and we have a conscious partner all along the way! From the space of body awareness, ease and

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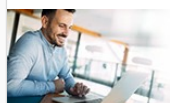
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