

Nelson Somatic Study and Play Group

Are you interested in Somatic Studies?

This **3-day workshop** offers a playful immersion into Somatic Studies. The workshop introduces different bodies of work that inform Somatic Therapy and are destined to shape the field of counselling, healthcare and personal growth. Leading edge information on brain integration, memory formation and nervous system functioning as it relates to trauma resolution and the attachment process are paired with Somatic explorations.

The Somatic Study and Play workshop is an informative and accessible introduction to the upcoming 200-hour certification program in Relational Somatic Therapy.

Dates: February 8th, 9th & 10th, 2019

Time: 10am to 1pm & 2:30pm to 5:30pm

Location: Kalein Centre, 402 West Richard Street, Nelson Rosemont

Investment: \$320



Facilitated by:

Mariah Moser, MA.

Somatic Psychotherapist and Trainer

For more information/course descriptions and enrollment, please contact Sue at: relationalsomatics@gmail.com

