

Courtenay 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 Group is an informative introduction to Relational Somatic Therapy and the prerequisite to the 200-hour Training Program.

Dates: October 24th, 25th & 26th, 2020

Time: 10:00 am - 4:30 pm

Location: 1957 Arden Road

Investment: \$320



Facilitated by:

Mariah Moser, MA.

Somatic Psychotherapist and Trainer

For more information / course descriptions and enrollment, please contact Shoshana at: info@openingtograce.com

