

PRESENCE

Being present and conscious in a shifting world
with Elaine Heroux and Miriam Steinberg

This is an experiential, full day workshop based on Marion Woodman's BodySoul Rhythms© programs. We will talk about presence and its importance in the morning. The afternoon will take you on a journey to experience presence and connection in your body. There will be plenty of time for discussion of Woodman and Jungian theory, self reflection and creative expression.

WHEN? Saturday April 9th
10 am – 6 pm

WHERE? St. Mary's Episcopal Church
623 E. Ocean Blvd., Stuart

COST? \$ 108 before 3/26
\$ 125 after 3/26

REGISTER? Call Elaine or Miriam
561-277-8326 or 305-793-8213

Group limited to 24 people.



“The best PRESENT you can give yourself and others is your PRESENCE”

Thich Nhat Hanh

Elaine is a transformational coach using Jungian oriented tools, spiritual practice and dreamwork to help others change their lives. Her work is influenced by Jung, Woodman and Eastern traditions. She takes private appointments and leads groups and workshops. Check out her blog at www.elaineheroux.com.

Miriam is a Jungian and Holistic Psychologist, movement therapist, hypnotherapist and Reiki healer. She has a private practice in Miami Beach, and gives workshops utilizing the Embrace Life Method that she has created.

Both Elaine and Miriam are graduates of the Marion Woodman Leadership Training Program.

This is a Marion Woodman BodySoul Community Program (mwoodmanfoundation.org)