

Somatic Workshop

Embark on a healing journey exploring the mind-body connection and trauma release. Led by Dray, a licensed somatic therapist and certified yoga instructor, this workshop offers gentle movement, breathwork, and mindfulness practices. Participants unravel tensions and emotional blockages, gaining insights into trauma's physical and emotional manifestations. Foster resilience and self-discovery in a supportive environment. Limited spots available - join for healing, connection, and growth.

**6 WEEK SERIES ON
TUESDAYS**

**JULY 30 - SEPTEMBER 3
6:30 - 8:00PM**

\$200 FOR THE COURSE

4578 HIGHLAND DR. SUITE
270 MILLCREEK, UT 84117
801-906-8520

WWW.HEALINGFEATHERSTHERAPY.COM



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THE QR CODE**