

The Art & Practice of

Embodied
Mindfulness



Somatic Learning[®]

with Risa Kaparo, Ph.D.



www.SomaticLearning.com

Somatic Learning[®] The Art & Practice of Embodied Mindfulness

November 16th, 2013

In this one-day workshop, discover how to engage your innate Somatic Intelligence for healing and self-renewal. Somatic Learning[®] integrates psychological, somatic and meditative disciplines that potentiate awakening through practices of embodied mindfulness.

- Re-pattern and elongate your physical structure
- Develop your intelligence, resilience and creativity
- Release excess weight, density and tension
- Heal and prevent injuries and deterioration
- Enhance functioning of your immune system
- Enjoy the intimacy of living from an all-encompassing embrace
- Embody mindfulness in all aspects of living.

Please register prior to the event. Space is limited and we cannot permit walk-ins. Early Bird Discount ends Monday, October 28th, 2013.

Saturday
November 16, 2013
Time: 10am - 6pm
San Francisco
Bay Area
East Bay

Cost;
\$175 by October 28th
\$197 thereafter
(as space permits)

For more information: visit www.somaticlearning.com or email inquiry@somaticlearning.com



Risa Kaparo, PhD.

Psychotherapist, Somatic Learning[®] facilitator, author, poet, songwriter and dancer, practices her approach to self-healing and meditation all over the world, and shares these insights in her book, *Somatic Intelligence: The Art & Practice of Embodied Mindfulness*, and its companion material.