

# ***FELT SENSING PSYCHODRAMA:*** ***AN EXPERIENTIAL GROWTH OPPORTUNITY*** ***SUNDAY JULY 21, 2019***

**Facilitated by Kristin O’Gara and Beth Mahler**

**Sun. July 21, 2019  
10 am to 5 pm**

**Many of you have experienced the benefits of Focusing or Psychodrama separately...**



**NOW,  
EXPERIENCE**

**The POWER of  
them together!!**

Come join us as we invite you to attune...deepening your connection to yourself and others while gently working on an issue of your choice. Our time together will provide a safe space for co-creating insight and growth...allowing and embracing our curiosity. Our day will be enlivened by the richness of deeply felt discussion and explorations together that will be a unique experience.

**\*\*We will begin with 1 hour of gentle yoga to connect and sense self in presence through motion and stillness. Bring a yoga mat (we will provide if you need one) No yoga experience necessary.**

**Reserve your spot by July 10th!!!**

**Where:** Ocean Waves of Wellness, 1300 Rt. 35 Bldg 3, Ocean Township, NJ 17712

**When:** Sunday, July 21, 10 am to 5 pm, 1 hour lunch break ( on your own)  
\*10-11 am: 1 hour yoga to begin connecting with our bodies and sensing Self in Presence

**Cost:** \$95

\*Scholarships available upon request

## **For more info and registration:**

- Beth Mahler, LCSW  
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- Kristin O’Gara, LCSW  
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- Payment options:  
checks or submit payment to PayPal, Zelle, or Venmo