

Learning to Love Our Bodies

eight-week group

Saturdays, Sep 16-Nov 11* • 10a-1p

*no group on October 14

EARLY BIRD REGISTRATION - \$345*

*on or before September 1

REGULAR RATE - \$450 or 3 payments of \$150

REGISTER ONLINE:

positivepathways.com/workshops-and-groups

NOTE: \$20 materials fee due at first gathering



165 Cook Street • Suite 10 • Denver CO 80206

www.PositivePathways.com

720.606.3242

~call to register or for more info~

In this intimate group of 6-8 women, you'll use **JOURNAL WRITING & ART CREATING** as a means of exploring and healing your relationship with your body.

Over the course of this 8-Week Group, you'll explore:

- experiences of your body throughout life
- ways your body works for you
- caring for your unique body in your circumstances
- stories and wisdom your body has to tell you

You'll discover how to reclaim health, practice intuition and pleasure, cultivate self-love, declare your authentic beauty and build community support

Your body is not a prison, a mistake, a mismatch, a life-sentence.

It is not something you can and should "fix" and "correct."

Your body is a life force, a workhorse, a transport, a marvel.

Your body can be your best friend for a lifetime...



FACILITATOR CAROLYN JENNINGS is the author of HUNGER SPEAKS, a memoir told in poetry. She is a certified JOURNAL TO THE SELF® facilitator, and is an Eating Disorder Intuitive Therapy (EDIT)™ Certified practitioner. She has lived for decades in recovery from binge eating, and her mental diet includes no scale and no women's magazines. She fell in love with her body not by altering it but by changing the lenses through which she sees it.

ART THERAPY segments conducted by Jeung-il Tsumagari, BA who is an EDIT™ Counselor Intern at Positive Pathways, and masters-level student in Clinical Mental Health Counseling with a concentration in Transpersonal Art Therapy at Naropa University.

