

Authentic Movement Sundays 11:30 AM

Beginning January 8th 2012

*When I move, I am exploring
my inner world.*

*I am awakening my curiosity,
my imagination,
my playfulness.*

*I am finding the path
to my quietness,
my excitement
my deepest feeling.*

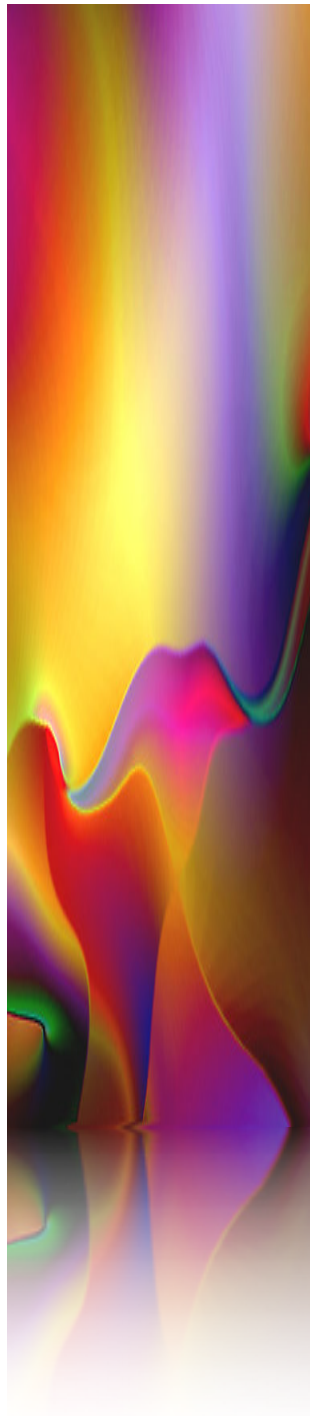
*I am experiencing my
breathing,
my own rhythms...*

my connections to the earth.

*When I move, I am exploring
the possibilities
which lie within me...*

*to expand
to reach out
to give of myself
to receive...*

When I move, I am.



**Authentic Movement is
expressive meditation,
an exploration of
the unconscious
brought to light,
a free association
of body & mind
imagination embodied,
an improvisational
movement practice,
an opportunity
to commune with your Self**

Facilitated by
Kelly Forrester, MS, LLPC
Healing Arts Counseling
(231) 735-8338
www.HealingArtsCounseling.com

Try it. You'll like it.

**Grand Traverse Circuit 225 W Fourteenth St.
Healing Arts Counseling (231) 735-8338 Kelly Forrester, MS, LLPC
Suggested donation : \$10**