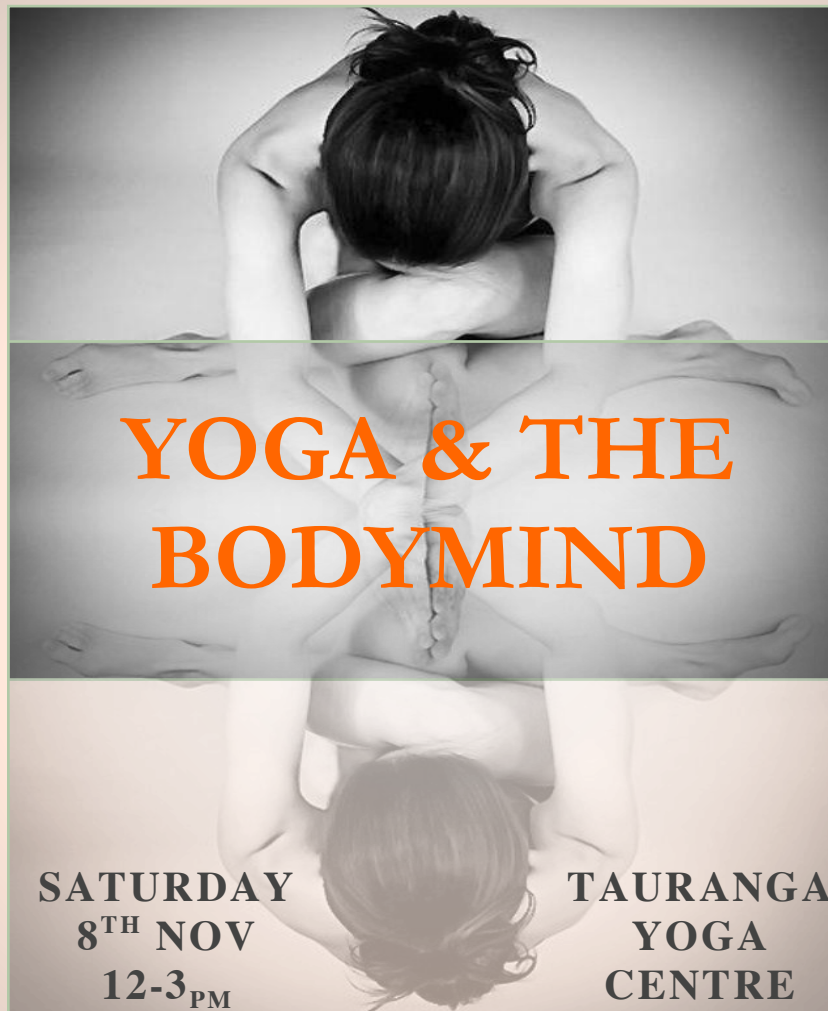


Have you ever wondered if there is a **science to our emotions?** Would you like to explore more about the **body-mind connection**, energy **chakras** and yoga?

Come and join Janine for a workshop where we bring to light our emotional anatomy **and expand our practice.**

A workshop on embodied anatomy



Early bird \$35, after 25 Oct \$45, **LIMITED SPACES**, contact Janine for details:

m: 0204 037 8219 | **e:** janine@freethebodymind.com

www.freethebodymind.com



Janine is a psychosomatic therapist based in Auckland. Working with groups and individuals, she teaches emotional anatomy and bodymind intelligence. Through movement, bodywork and breathwork, she facilitates a space for healing and growth.