

# *When Mind & Body Become One*

## **Anodea Judith**

Chakras exist at the meeting point of mind and body. Integration of these often divorced polarities is essential to our wholeness.

Energy is the interface between them, and the means by which we come alive, awaken, and remain fully in touch with ourselves.

Join author, somatic therapist, chakra expert, and world renowned teacher Anodea Judith, in this evening talk and demo, outlining key concepts in body based psychotherapy, drawing on bioenergetics, trauma work, and psychosomatic medicine. The body is the unconscious mind. Learn how to bring it to consciousness, how to effectively ground, and why the core is so important to transformation.

This is an introduction to her course: Techniques of Body~Mind Integration.

**Friday March 23, 2012**

**7:00~8:30pm \$ 25**

*A world-renowned expert in somatic transformation, Anodea has traveled internationally for the last 15 years teaching and lecturing.*

*She holds an MA and PhD in psychology, specializing in somatic therapy, yoga, trauma recovery, spiritual awakening, and evolutionary activism.*



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**Body-based Therapy for Wholeness & Awakening**  
*Workshop : March 24-28, 2012*  
*Cost: \$ 600 before 3/2/12, \$650 after*