

Radix® Workshop



"Self Compassion"

Saturday, January 26, 2019 9:00 A.M.- 6:30 P.M.

Self Investment \$285

Ellen Brazer's office
17130 W. Dixie Highway
North Miami, FL 33160

Workshop leader, Certified Radix Teacher
Ellen Brazer, MS, LMHC
305 333-2718

When we have not yet embraced every part of who we are and how we feel, we cannot be in full acceptance. Do you find yourself treating yourself with judgment, shaming and blaming yourself for having feelings, or for not being perfect or good enough? Do you find yourself running dysfunctional mind and fear programs that are old and out dated? Are you winning the award at terrifying yourself and keeping your 'what if's' alive and vibrant? The time is now to be free of all that! Learning to live from a place of self compassion, choice and not reaction, is a much more loving option!!

This workshop provides participants with an opportunity to take a most serious and powerful look at the places in your life where you feel unloving, unkind, disempowered, held back, contracted by the energy of fear. It will provide a safe place to face yourself, let go, and move into... freedom and loving compassion for yourself and others. Join us for a transformational and spiritual day of freeing yourself; attuning to your personal power, opening your heart to yourself, being who you are, and letting your light shine brightly!

The workshop will include:

- *Body focused exercises for loosening and freeing the body
- *Individual, group and partner interactions for emotional awareness, learning and release
- *Purpose work for letting go of mind-body patterns and to integrate new understanding

Space is limited to 6 participants only, so please register early.

Registration

Please make nonrefundable checks for \$285 payable to Ellen Brazer

Name _____

Address _____

City _____

Zip _____

Cell Phone _____

Email address _____

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