

Embodied Wisdom

Connect with Your
Body's Natural
Intelligence



Presented by:

Connie Lawrence, LISW-S, PAT

Connie is an experiential therapist and certified Somatic Coach with the Strozzi Institute. She guides workshops, trains therapists in experiential methods, and brings decades of trauma-informed wisdom to her work.

Saturday, November 15th
10:00 am – 1:00 pm
\$149 Early Bird
\$165 after 11/5

What if true empowerment lives not in the mind, but deep in our bones? In a culture that prizes intellect over intuition, this workshop invites you to reconnect with your inner knowing.

Experience a taste of somatic wisdom through guided movement, partner practices, and body-centered awareness. Leave with tools for resilience, a centering practice, deeper connection to your heart's desire, and a renewed sense of belonging.

Details & Register at QR code or
www.TheHeartCenterOH.com



The Heart Center | Yoga Wellness Reiki

8456 E Washington Street Chagrin Falls, OH 44023
(440) 769-0101 | www.HeartCenterOH.com