



Body Image Healing Workshop

8 Week Virtual Group

Time & Dates

Mon. 5:00 – 6:00pm PST

Feb. 10, - Mar. 30, 2020

Fee: \$250.00

Deposit of \$100.00 to hold your spot

Limited to 6 people...

Our goal will be to begin to transform and heal our relationship with our body, our weight—our Physical Self. Through the miracle of recovery and Spiritual Principles, we will be...

- Identifying old ideas about our worth, and replacing them with spiritually sound beliefs
- Accepting our genetics and our aging process
- Inviting our younger selves/inner family into the healing
- Creating a loving, supportive inner team that includes our Mental Self, Emotional Self, Spiritual Self and our Physical Self as equals

We will be using Zoom.us, so you will need a quiet space to allow you to bring your focus to the Body Image healing work. **There will be homework, visualizations, exercises, discussions and healing!**

Email Becky at bljack44@me.com or call 800-278-8050