

Love Yourself Whole

~ daylong workshop ~

- Is it hard to accept certain parts of yourself?
- Do you sometimes feel like your own worst enemy?
- Want to treat yourself more compassionately?



In this daylong workshop, you'll be guided in bringing awareness, curiosity and compassion to aspects of yourself that have been difficult to accept, such as your inner critic. Through dynamic, supportive exercises done in a nurturing space, you'll get to know these parts better, come into a fresh relationship with them, liberate their wisdom and awaken greater self-acceptance.

You will learn practical tools to help you:

- transform self-criticism and feel more integrated
- identify the gifts of your different parts and become your own ally
- more fully embody your authentic self so you can find greater meaning in your work and deeper connection in relationships

About the facilitator



I'm Lea Seigen Shinraku, MFT, and I help people live with greater ease and joy by guiding them to transform self-limiting beliefs and end the wars they fight with themselves. I draw on my professional training, client work, more than a decade of meditation practice, and my own experience of awakening and cultivating self-compassion.

Learn more at: www.leaseigenshinraku.com.

Licensed Marriage and Family Therapist: #MFC51836

When:	Saturday, September 20, 2014 10am-4pm
Where:	2650 Fulton Street, San Francisco
Includes:	workshop + 30-minute, 1-on-1 integration session
Cost:	\$120 (\$90 if registered by Aug. 31) (2 partial scholarships available)
Register:	415.255.2509 or leaseigenshinrakumft@gmail.com

Space is Limited ~ Register Now