

WOMEN'S TIME – Spring 2010

Delving, Stretching & Coming Alive in Ourselves

There is a time for solo journeys and there is a time for journeying in community. To bridge these two worlds requires risk, courage, authenticity and a growing trust in the gifts that are born in the bridging.

This group creates a space for women – *in all their diversity* – to connect with the tenderness, power and possibility within themselves and each other. All backgrounds, energies, sexual orientations, cultures, physical abilities, and sizes are welcome.

Themes that may arise include:

- Sexuality • Our bodies • Health
- Relationships • Conflict • Passion • Creativity • Self-expression • Work
- Children and family •

Moods, fear, anger, frustration, despair

- Food • The Seasons & Nature •

Spirituality • Community and More...

This is a facilitated group, providing a context and support for women to get in touch with themselves and what is possible in their lives. Activities include personal sharing and group interactions, as well as creativity, art and movement to access the wisdom that lives within.

7-week Women's Group

April 7 – May 19, 2010

Wednesdays

6:30-8:30pm

\$200 for the series

(\$175 if paid in full by April 4)

Space limited to 10 women

To reserve a space, contact:

Katje Wagner

503-313-5733



Katje Wagner, PhDc, DiplPW, is a psychotherapist, group facilitator and creative consultant. Her practice is based in Process Work and Somatic Psychology, and emphasizes the interconnection between physical health, inner experiences, relationships, social dynamics and spirituality. With a background in dance, midwifery, bodywork and yoga, she specializes in working with health issues from a holistic perspective. More info at www.katjewagner.com