

# INTRO EVENING

Fulfilling Life Paths:  
Finding the Pulse, Inside & Out

Who are you? What is that pulse that makes you come alive? And how is your life helping you connect with that pulse? Even the most difficult things on our paths – illness, conflict, crisis – contain the fuel and guidance to help us find the fulfillment we seek.

This introductory evening will provide an overview of my background, approach and methods for finding and navigating fulfilling life paths.

Wednesday, Dec 2<sup>nd</sup>, 6:30–8pm  
Free – held at World Pulse  
4223A NE Fremont, Portland  
[www.worldpulse.com](http://www.worldpulse.com)

You are welcome to contact me for individual or couple sessions, or to reserve a space for the Women's Group starting in January.



**Katje Wagner, PhD, 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](http://www.katjewagner.com)

# WOMEN'S TIME



To Dream,  
Hunt  
&  
Become

*A Women's Group  
for all women*

## WOMEN'S TIME

This is a time for women  
to come together  
Women of all kinds...  
All backgrounds, energies, sexual  
orientations, colors, shapes, sizes  
A time to come together  
To connect  
With each other, with ourselves

The first night, we will share food  
Bring a dish that you love  
and want to share with others  
We will eat, hang out,  
begin to get to know each other  
And begin to feel  
the spirit of our group

Then we will share ourselves  
*Where are you at in life?*  
*What are you hungry for?*  
*What are you striving for?*  
*What is full? What feels empty?*  
*Where do you feel lost?*  
*And how are you finding your way?*

...your own unique beautiful way...

This is a time to share  
In order to hear and be heard  
Though silence is welcome too  
As well as all the slowness and shyness  
we might feel

We will soon discover the themes  
kindred to us as a group  
As a unique gathering of women  
Called together  
to explore and discover  
What is central to our lives

We will return and dive deeper  
Into all the things  
that are speaking to us  
And calling us together

Each week we will work with the issues  
rising in our group  
We may dig into their core and find gems  
of meaning and direction  
Or we may make space  
to get ultra personal  
And work deeply with one person  
Who may indeed capture nuggets of  
truth for everyone

We will embrace the truth  
of each of our experiences  
And make space  
for all the diversity that lives  
Within and amongst us

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...

### 8-Week Women's Group

(first 2 weeks open,  
then closes to group of 12  
to create depth and intimacy)

#### Wednesdays

**Jan 13 – March 3, 2010**

**6:30-8:30pm**

**\$25 per group**

Location TBA

To reserve your space:

Contact **Katje Wagner**

503-313-5733

*\*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.*