

MARIN PROCESS GROUP: Mindful Living, Somatic Awareness, & Authenticity



WHEN:
Mondays 6pm-7:30pm

DATE:
Begins **February 5, 2018**

LOCATION:
San Anselmo, CA

(Address provided upon request)

This new process group will support:

- Mindfulness and somatic awareness in daily living
- Authentic communication
- Cognitive, emotional and somatic awareness
- Exploring group dynamics and relational patterns
- Self-acceptance and compassion

Contact us to register!

Email: contact@indepth-wellness.com

Website:
<http://www.indepth-wellness.com>

Facilitators:

Dr. Marissa Robinson
Dr. Manuel Manotas

Content:

As an experiential process group, we will integrate guided mindfulness meditation and somatic awareness techniques. This process group will offer a unique opportunity to deepen self-expression in a safe and compassionate dynamic. Drawing from several sources, our group will help foster mindful living, connection, and authenticity.

