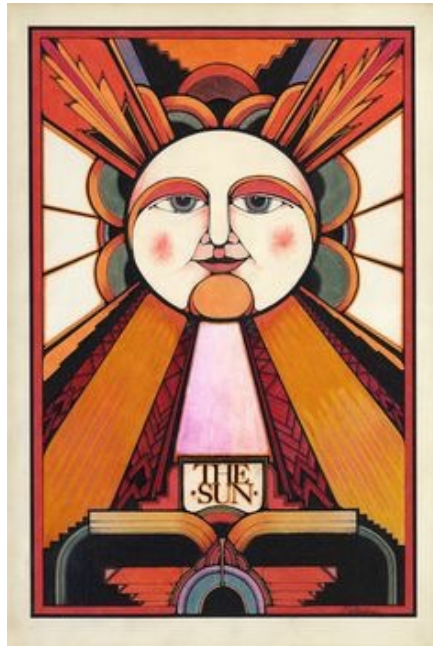


Awakening the True Self



True self is our unique soul essence seeking to express itself and live authentically in the world. Family upbringing, trauma, systemic oppression and cultural demands suppress true self into the shadow or unconscious part of the self as we adapt to our environment.

In this experiential workshop we invoke, explore, and illuminate the true self through depth psychology, journeying, mindfulness, somatic practices, and sacred ceremony.

Michelle Bloom LMHCA and Dave Parrish LMHCA will be your guide on the journey into your shadow.

Saturday, October 27th, 2018 from 9 am to 3 pm

9500 Roosevelt Way NE, Seattle WA, 98115

\$125.00

**Please contact us to RSVP by Saturday, October 20th
Limited to first 8 participants**

Dave: healingrootscounseling@gmail.com 425.922.1996

Michelle: healing@michellebloom.com 503.686.8101