

THE SUBTLE BODY



AN EXPERIENTIAL WORKSHOP

A drop-in group dedicated to exploring the concept of energy psychology. This group will be experiential in nature, as participants are gently guided with sound, prose, and silence to contemplate their subtle energetic body state. This group intends to cultivate states of relaxation, and a journey toward greater self knowledge.

Dress comfortably and feel free to bring a pillow, blanket, or towel (to rest on).

WHEN : SPRING TERM

WHERE : MITCHELL GREEN ROOM

MEETING TIME : TUESDAYS 5pm - 6pm

This group is a collaborative effort led by counseling graduate interns David Rapp and Sarah Farrell.

There will be optional time to process the experience at the conclusion of each group. For questions or more information, please contact David.

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