



Attitudinal Healing Workshops 2022 – The GRIP Series, “Getting Real Inner Peace”

Facilitated by: GERALYN RUSSELL, Founder and Director of The Sense8 Studio

Geralyn is the co-developer and lead trainer of the Path2Green resiliency training program at the Tallahassee Memorial Healthcare Family Medicine Residency Program and Florida State University College of Medicine. She completed Attitudinal Healing facilitator training in November 2019. She has been teaching and facilitating groups to assist personal growth by increasing self-awareness and self-expression for over 30 years through yoga and meditation.

The 2022 GRIP Series for Getting Real Inner Peace will expand on the Attitudinal Healing workshops GERALYN hosted last year for The Life Center. In these workshops we will identify and learn how to grow our strengths to help us let go of fear and remember that our very essence is love. We experience obstacles to love every day. Through the practice of Attitudinal Healing, we can choose peace no matter the circumstances of our lives.

When:

Third Sunday of Every Month (except August)
4:00-6:00pm EDT

Where:

Virtual (Zoom)

RSVP to GERALYN:

(850) 264-4193 or geralynmrussell@gmail.com

Cost:

\$10-50 Suggested donation to TLC

Upcoming Session Topics

- January 16: Start Your Year Strong
 - “How to Identify Your Strengths and Use Them!”
- February 20: The Essence of Your Being is Love
 - “Exploring the First Principle of Attitudinal Healing”
- March 20: Enjoying Peace
 - “What is it like to be peaceful all the time?”
- April 17: Spring Forward
 - “Using Your Strengths to Supercharge Your Intentions”