



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)
8:30-10:30 pm EDT

Where:

Virtual (Zoom)

RSVP to GERALYN:

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

Cost:

\$10-50 Suggested donation to TLC

Upcoming Session Topics

- June 23: Get Real Inner Peace
 - How the essence of Love, through an experiential movement practice based on self-sensing, sharing what we notice and recognizing love is listening, all based on the Principles of Attitudinal Healing.