



Awake & Embodied: A Women's Process Group

A **six-week** counseling group beginning Thursday, November 6th for ALL women to tap into their desire, take up space and build community.

Who this is for...

- Women from all backgrounds who feel burned out by caretaking, pleasing or staying small...
- And who want a supportive space to lean into their **desire, sexuality and aliveness**.

What to expect..

- A caring community of 6-8 women
- Safe and confidential
- Cozy, yoga-style room
- Led by Gina Gardner, Certified Counselor and Coach with over 6 years of group facilitation experience

Learn more and reserve your spot.

Thursdays, 12:30-1:30p, \$60/session @ Yoga Soup, 28 Parker Way

ginagardner.com | 805-225-7925

Limited participation. 6 week commitment. Total cost of \$360 can be split into two payments. Skips Thanksgiving.