

# Lotus Rising



## Women's Empowerment Group

Just like the Lotus, we too have the ability to rise from the mud, bloom out of the darkness and radiate into the world.

Come gather in a safe space with other women and harness the power of collective healing. This group will utilize brainspotting, parts work, reiki, yoga therapy, and meditation.

***Facilitated by Ashley Murphy, LMFT, Holistic Life Coach, Reiki Master, Yoga Therapist, Certified Brainspotting Therapist***

90 minute group once a month for 9 months- hoping to start Fall 2024  
\$50/group Dates/Times TBD based on interest and need  
Inquiries contact [fullbloomwellness23@gmail.com](mailto:fullbloomwellness23@gmail.com) or 757-903-6978