

THE EMOTIONAL BODY

4th International Body-Mind Workshop

with Imogen Ragone and Miriam Grace

4 Mondays in June
11am – 12:30pm US Eastern
Time / 4 – 5:30pm UK

*This online workshop series offers personal and professional development for Therapists, Counselors, Alexander Technique Teachers, Somatic Educators, Bodyworkers and others in related fields.
(CPD training hours.)*



The Emotional Body Workshop explores an awareness of emotion within our own bodies, awareness of emotion within our clients' bodies, and the impact of the healing relationship upon the emotional body of both helper and client within four 90-minute sessions.

Session 1

The Wise Body: Self Care and Body Awareness

Session 2

Is Any BODY There? Working in a Virtual World

Session 3

Traumatization: The Body During a Pandemic

Session 4

Breathe...Out: Letting Go and Letting Be

Our workshops are fun and involve experiential exercises, a little movement, discussions, and even some time away from the screen as we center on self awareness and discovery.

As always, we will adjust the content to meet the interests and concerns of the group.

Early Bird pricing available for individuals and organizations.

More information and register at: imogenragone.com/the-emotional-body