

BEING YOUR authentic self

7 WEEKS

April 11 - May 23

THURSDAYS

6:30-8 PM

**Dragon Rises Center
for Wholeness
4852 SW Scholls Ferry
Rd, Portland**

**\$35
(Insurance Accepted)**

Embark on a transformative 7-week journey designed to help you reconnect with your authentic self. Through a series of experiential exercises, we'll delve into the exploration of different aspects of our being and discover tools and techniques to deepen your understanding and connection with each facet of your identity. Together, we'll create a safe and supportive space for self-exploration, growth, and empowerment. Join us as we undertake this journey of self-discovery and embrace the beauty of being truly authentic.



OFFERED BY



**Christine Kenline (she/her)
LPC Intern**

Christine is a certified yoga movement therapist and has a background in design strategy. She's currently pursuing her MA in Mindfulness-Based Transpersonal Counseling at Naropa University, while also completing the Hakomi Professional Skills training.

**Garon Nemyre (he/him)
LPC Intern**

Garon has worked in coaching and development for the past 10+ years. He's currently completing his Master's in Mindfulness-Based Transpersonal Counseling at Naropa University, while simultaneously completing a 4-year practitioner training in Core Energetics somatic-based therapy.

To register or for more information email:

info@mindfultherapypnw.com



**MINDFUL THERAPY
PACIFIC NW, LLC
COMMUNITY COUNSELING CLINIC**