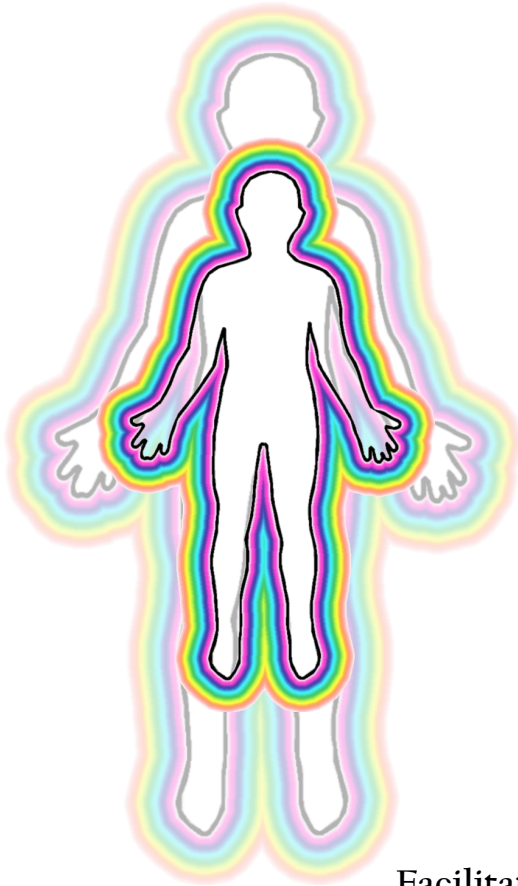


The Wellstreams Program is pleased to present:

# Accessing the Wisdom of your Body

Saturday, March 3, 2014, 9 am—1 pm

Martin de Porres Center



The body contains much more knowledge than we consciously know.

Focusing is a process that facilitates access to the deep wisdom of your body.

Learning to use this process opens pathways to your body's deep well of knowledge.

This can be helpful for your own inner work as well as a way to accompany directees/clients.

This workshop will include:

- The concepts and research behind Focusing
- A demonstration of a Focusing session
- Time for each participant to practice

**Facilitator Heather Monkmeyer**, is a spiritual director, retreat leader, and ordained minister. Heather is a supervisor to intern spiritual directors in the Wellstreams Program. She studied Focusing at the Institute for Spiritual Leadership in Chicago, IL. Heather lives in Columbus with her husband, Jim and a puppy named Rilke. She has two grown daughters.

**Registration Fee: \$55 (nonmembers)**

**Spirituality Network Spiritual Directors Association Members: \$40**

**Preregister online: [www.spiritualitynetwork.org](http://www.spiritualitynetwork.org) or phone: 614-228-8867**

Wellstreams is a program of the Spirituality Network

444 E. Broad Street, Columbus, OH 43215



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