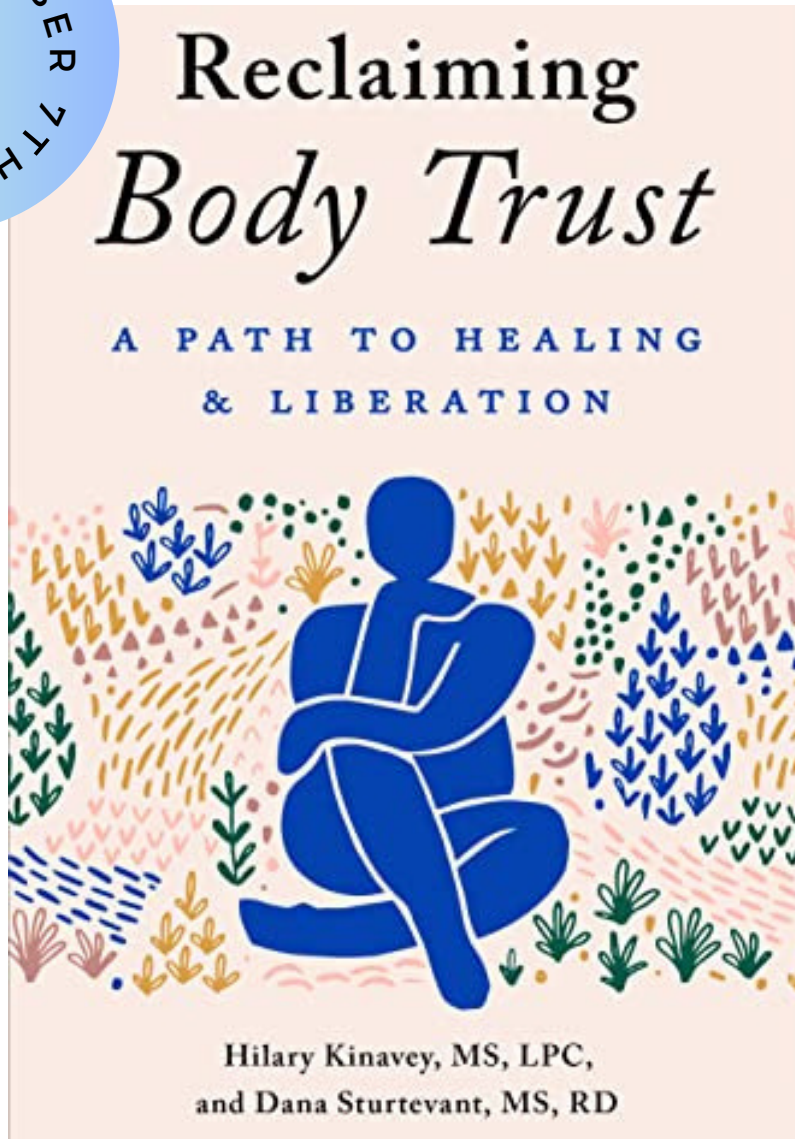


Embodiment

FALL BOOK CLUB

STARTS SEPTEMBER 7TH



FACILITATED BY
ELISABETH PETERSON RD, CEDS-S
& LAURIE MANNS, LPC

PETERSONNUTRITION/BOOK-CLUB.HTML
OR BY CALLING 804-440-3110

RECLAIMING BODY TRUST IS BOTH PERSONAL AND POLITICAL...

IT IS TIME TO RECLAIM YOUR BODY, YOUR VOICE, YOUR STORY, AND YOURSELF.

THIS BOOK IS AN INVITATION TO RETURN TO A RELATIONSHIP WITH YOUR BODY AND YOURSELF THAT YOU WANT TO BE IN FOR YOUR LIFETIME—FLEXIBLE, COMPASSIONATE, AND CONNECTED.

WE ARE HOSTING A **6-SESSION SERIES** THAT WILL MEET VIRTUALLY VIA ZOOM

AND WILL RUN BI-WEEKLY ON THURSDAY EVENINGS
STARTING SEPTEMBER 7, 2023-NOVEMBER 16, 2023
FROM 7:00PM-9:00PM.

EARLY BIRD REGISTRATION: BY AUGUST 31ST, \$199, (40%OFF)

REGULAR REGISTRATION: SEPTEMBER 1ST-5TH, \$330

PARTICIPANTS WILL ALSO BE REQUIRED TO PURCHASE THE BOOK FOR THE GROUP DISCUSSIONS.

THIS GROUP WILL BE AN INCLUSIVE CIRCLE, A SPACE WHERE PEOPLE OF ALL GENDERS COME TOGETHER TO SHARE THEIR EXPERIENCES, THOUGHTS, AND WISDOM. WHILE THE MEETING AIMS TO HONOR THE UNIQUE EXPERIENCES OF WOMEN, WE ALSO EMBRACE AND VALUE THE DIVERSE PERSPECTIVES OF ALL PARTICIPANTS WHO ARE OPEN TO CLEARING THE WAY FOR ALL BODIES TO HAVE WHAT THEY NEED TO LIVE THEIR TRUTH.

TO JOIN US, PLEASE REGISTER BY VISITING ONLINE AT

PETERSONNUTRITION/BOOK-CLUB.HTML

OR BY CALLING 804-440-3110

SPACE IS LIMITED AND WE ASK THAT YOU REGISTER FOR THE GROUP NO LATER THAN SEPTEMBER 5, 2023.

IF YOU HAVE QUESTIONS ABOUT THIS GROUP, PLEASE FEEL FREE TO EMAIL US AT ELISABETH@PETERSONNUTRITION.COM OR LAURIE@LAURIEMANNS.COM