



Relief from the "ZING of Hurt"

FORGIVENESS

Lack of forgiveness gets literally locked in your body. It hurts!

**LEARN TO MOVE FROM
STUCK and HURTING TO
GUT DEEP ACCEPTANCE**

**Get rid of the pain. Make forgiveness easy, fun and OVER!
Simple movement training and information will enable you to discover
and release the core patterns of *unforgiveness* found in your mind/body.**

DATE: Saturday, Dec. 2, 2017

TIME: 9:00 am - 12:30 pm

FEE: \$40 (\$30, IF REGISTER BY Nov.15th)

FACILITATOR: International presenter Betsy Wetzig, is founder and director of Coordination Pattern™ Training & Dynamics, Psyche-Soma Dynamics, and Full Potential Learning. Her work on Leadership Training includes co-authorship of *Move to Greatness: Four Essential Energies for a Whole and Balanced Leadership* and co-creation of the **FEBI®** (Focus Energy Balance Indicator). She has created 2 DVDs "Coordination Pattern™ Training in Support of Tai Chi" which she created with Tai Chi master Bill Newman and "DOBE: The Dance Party From Around The World". Her work includes training for Pilates Teachers, InterPlay™, Body Workers & Dancers.

Pre-Register: 610.398.9652



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