

# Your Body Reveals: Awaken to Your Truth



**IN SEATTLE**

**Saturday Jan 17**

**Sunday Jan 18**

**10am - 5pm**

**Explore  
the Deeper  
Truths  
Your Body  
Is  
Telling You**

## About Lisa Berman

Lisa Berman is a passionate and inspirational holistic health counselor and workshop facilitator.



Her emphasis is on psychosomatic counseling, transformative life-coaching and "spiritual midwifery." Her professional experience spans 20 years in Germany and 10 in the US. She has been an adjunct professor at Bastyr University since 2005.

Lisa has distilled her 30 years of expertise into an essential truth that emotional imbalances, illness, and disease are a wake-up call from our Soul. Her psychosomatic work translates symptoms into a self-empowered path towards health and inner peace. She is the author of the book "Your Body Reveals: Awaken to your Truth." To learn more about Lisa's work go to [www.BermanHealing.com](http://www.BermanHealing.com).

## About the workshop:

Are you ready for a break-through from blocked emotions, thought patterns and beliefs that manifest in unhappiness or even in illness and disease? Explore the deeper truth of what your symptoms are telling you and access your full potential.

Join this transformative self-awareness exploration and experience the approach as a powerful contribution to shift into greater well-being and health. You will learn about the causal relationship between thoughts, beliefs, and their manifestation in your body. You will practice the skills for breaking free from restrictive patterns and old habits and awaken to who you really are.

This experiential mini-retreat combines inquiry, exercises, and meditations. You will explore your symptoms, reveal the hidden messages, and initiate healing. You will leave the workshop empowered through a new partnership with your body, the temple of your Soul, and practice a more awakened life in harmony with your Soul.

**Fee:** \$250 until December 20, 2014; \$275 afterwards  
**Register:** by email to [lisa@bermanhealing.com](mailto:lisa@bermanhealing.com)  
Pre-registration is required due to limited space  
**Location:** Seattle (directions are given after registration)