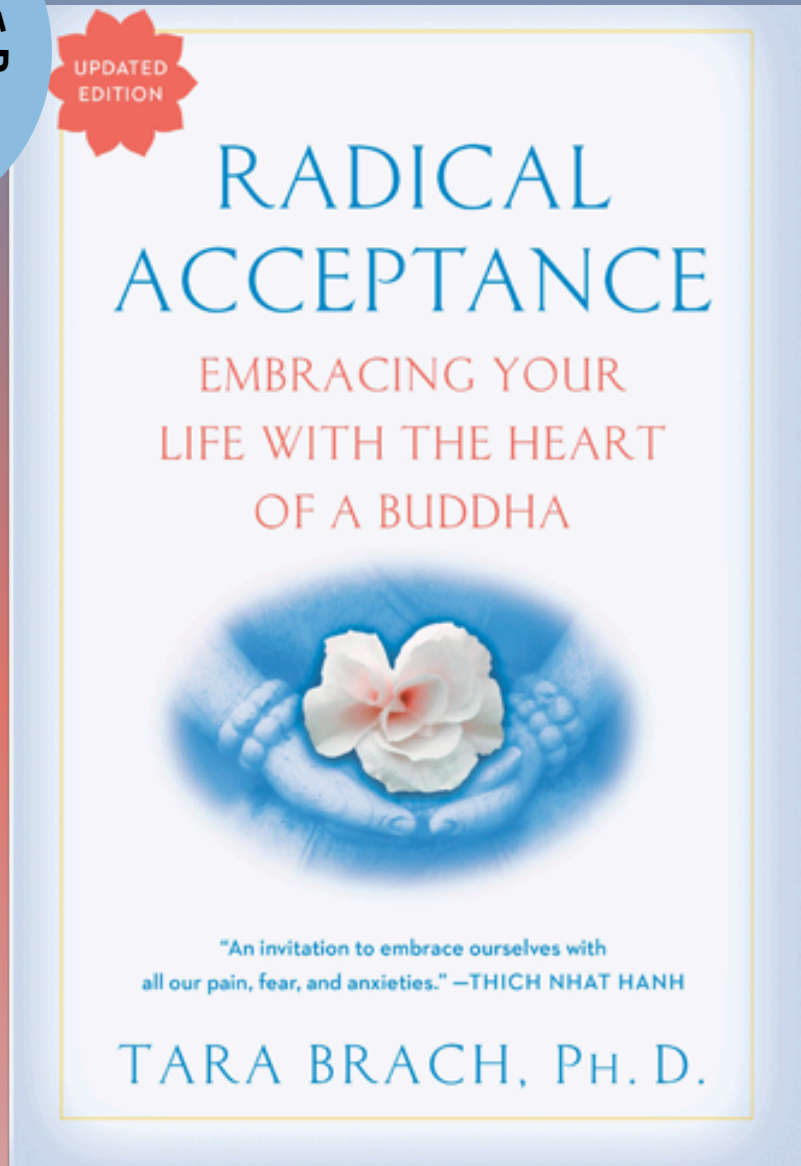


# Embodiment

FALL BOOK CLUB

STARTS SEPTEMBER 3RD



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

[PETERSONNUTRITION/BOOK-CLUB.HTML](http://PETERSONNUTRITION/BOOK-CLUB.HTML)  
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# **“A moment of radical acceptance is a moment of genuine freedom” -Tara Brach**

ONE OF THE DEEPEST FORMS OF SUFFERING COMES FROM SELF AVERSION, WHAT AUTHOR TARA BRACH CALLS THE “TRANCE OF UNWORTHINESS.” TARA GUIDES US IN HEALING THE SHAME AND FEAR THAT BIND OUR HEARTS. WHEN WE STOP BEING AT WAR WITH OURSELVES, WE ARE FREE TO LIVE FULLY EVERY PRECIOUS MOMENT OF OUR LIVES.

THIS OFFERING IS AN INVITATION TO PEOPLE WHO ARE FEELING STUCK, STRUGGLING TO FIND PEACE, AND DISCONNECTED FROM THEIR BODIES.

WE ARE HOSTING A **7-SESSION SERIES** THAT WILL MEET VIRTUALLY VIA ZOOM AND WILL RUN BI-WEEKLY ON TUESDAY EVENINGS **STARTING SEPT. 3, 2024-NOV. 26, 2024** **FROM 7:00PM-9:00PM.**

**REGISTER TO JOIN US BY AUGUST 27, 2024 FOR \$199**

BOOKS ARE NOT PROVIDED FOR THE CHAPTER DISCUSSIONS, SO SECURING A LIBRARY LOAN OR PURCHASE IS NECESSARY.

THIS GROUP WILL BE AN INCLUSIVE CIRCLE, WE WELCOME ACCEPTING PEOPLE WILLING TO SHARE THEIR EXPERIENCES, THOUGHTS, AND WISDOM. WE EMBRACE AND VALUE THE DIVERSE PERSPECTIVES OF ALL PARTICIPANTS AS WE DIVEST, LEARN AND HEAL TOGETHER IN COMMUNITY.

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SPACE IS LIMITED