



THE HEALING PLAYGROUND

On-Going Workshops

Adult 101: Back to Basics

A series of four classes designed to help members identify personal stress response, experience new ways to release stress, heal fears based on old beliefs and change negative life patterns through powerful group dynamics. This program is group therapy “style” with a focus on healing chronic stress.

Adult Reunion Group

A one hour after-care group for Adult 101 graduates. Check in with fellow classmates, get help with problem areas that keep throwing you off track or just come because you want to share how great you're doing!

Spirit Art for the Inner Child

This powerful workshop is a creative way to listen to the needs of our Inner Child and to see the reflection of our Divinity within. Beginning with visualization and relaxation, participants will create art that can be used as an instrument for meditation and healing.

Relationship Building

This program teaches several important components to building healthy relationships: communication skills, developing boundaries, knowing how to get your needs met, looking at control patterns and understanding the true meaning of high self-esteem and empowerment.

Time Management

Learning time management skills is an individualized experience yet, what is the same for everyone is that we all have to make our own decisions on how we manage our days. Being in control of your feelings and behavior leads to good decision making at a steady pace throughout the day.

Stress and Weight Loss

In spite of the best intentions to lose weight and keep it off, there may be an unconscious motivation to keep it on! Find out how old beliefs and chronic stress contribute to sabotaging your resolution to win against the battle of the bulge.

ALL WORKSHOPS MAY BE FORMATTED TO MEET SPECIFIC BUSINESS AND ORGANIZATIONAL NEEDS.

SEE THE “CONTACT US” SECTION FOR MORE INFORMATION