

A woman with her arms outstretched in a field of yellow flowers at sunset. The scene is bathed in warm, golden light, with the sun low on the horizon, creating a soft glow and long shadows. The woman is smiling and looking upwards, her hair blowing in the breeze. The background consists of rolling hills and a vast field of small yellow flowers.

Somatic Awakening Intensive
Coming Back Home to Yourself

May 20 - 22
Sebastopol, CA

Somatic Awakening Intensive

Coming Back Home to Yourself with Melissa Patterson, ND

Do you struggle with:

- high stress, anxiety, and overwhelm because life is running you, instead of you being in the driver's seat?
- difficult relationships with partner, family members or at work?
- health problems that you feel are connected to mind-body issues, but you just can't seem to get to the bottom of it?

At this intensive you will learn tools that will help you:

- sit in the driver's seat and take charge of your life.
- feel ease and peace in your relationships with yourself and others.
- find a deep sense of harmony and balance in your life.
- experience deep healing and peace in your being, especially your body and emotions.

In this weekend you will learn keys that unlock powerful healing in the body, emotions, and energy. These keys teach you how to connect your spirit with your body in a way that brings freedom to your being. It heals long-held patterns of emotional and physical pain. It also opens you to an experience of inner peace regardless of what is happening in the outer world.

As a naturopathic doctor who specializes in mind-body-soul counseling and a deep spiritual practitioner, Dr. Melissa Patterson has spent the last fifteen years birthing and refining this modality and spiritual practice. Utilizing this modality she has seen many transform and heal.

May 20-22, 2016

At the beautiful Open Sky Retreat Center,
Sebastopol, CA

(Lodging available, but is not required)

Cost: \$297 (before April 15th)

After April 15th: \$347

Food and lodging not included in cost.

For more information go to:

www.intuitive-nd.com