

The sessions in this series
will include:

- establishing safe space for the group
- the spiritual basis of mind-body medicine
- the biological underpinnings of mind-body medicine
- guided imagery & visualization
- meditation
- breath and movement
- mobilizing, transforming and celebrating emotions
- family genograms
- mindful eating and healthy nutrition
- spirituality



Mind • Body • Spirit

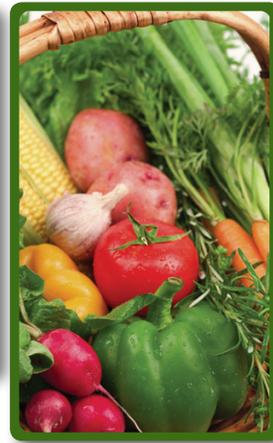
Mind • Body • Spirit Group



Facilitated by
**Jane Cadwallader-Howe
& Claire Dickey**
Ecoliving, LLC

Mondays
March 25 - May 13, 2019
4:30 - 6:30pm

Virtue Medicine Studio
221 East College Street, #212
Iowa City, IA 52240



Find balance and wholeness in

MIND BODY & SPIRIT

This **Mind - Body - Spirit Group** offers a powerful, effective combination of research-based healing modalities to help participants deal with life change, stress or illness in an intimate and supportive setting. Research shows that eighty percent of illness is due to chronic stress. The best way to deal with stress is through practices that nourish mind, body and spirit.

Group members will learn self-care skills necessary to transform the physical, mental, emotional, social and spiritual dimensions of their lives. Each week, we will explore a mind-body-spirit modality that can be immediately integrated into daily life.

Groups are comprised of adults of all ages and backgrounds. The small group setting of 8 to 10 people allows for sharing, connection and support. The group will experience the research-based healing modalities taught through the Center for Mind-Body Medicine. The series is educational, supportive, participatory, structured and fun.

To register, reserve your space by emailing Claire and Jane at ecoliving@gmail.com. We will contact you to learn more about you and answer any questions you may have.

Cost by 2/25/19 \$400
Cost after 2/25/19 \$425
Registration closes 3/18/19

A limited number of scholarships are available.

This series will help you:

- explore different forms of meditation
- become aware of the importance of breath and movement in your life
- learn about nutrition and mindful eating
- learn how stress affects your body
- experience autogenic training and biofeedback
- gain insight into yourself using guided imagery and visualization
- understand the impact of your family of origin
- maintain a sense of well-being

Jane Cadwallader-Howe is the former owner of Sixth Street Studio, where she taught piano and voice for 24 years. Recently retired from teaching, she serves as director of the West Branch Community Chorus. She nurtures a lifelong interest in the mind-body connection through music making, T'ai Chi, yoga, walking, reading, gardening and beekeeping. Jane and her husband have two grown sons.

Claire Dickey has worked with children, teens and adults as a licensed mental health counselor in Cedar Rapids and Iowa City for 30 years. Working with clay as a young woman was her first awareness of the mind-body-spirit connection. She finds joy in her family and friends, the creative arts, traveling, her chicken flock, beekeeping and gardening. Claire lives with her husband, Lou, and their labradoodle, Chena.

Jane and Claire participated in the Professional Training Program with the Center for Mind-Body Medicine in 2013 and completed the Advanced Training Program in 2015.

