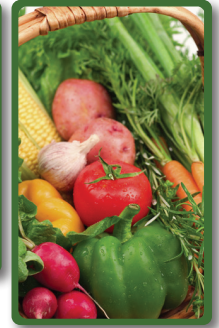
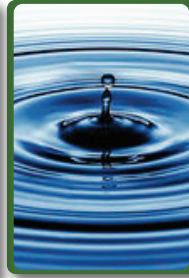




Mind • Body • Spirit Group



Mind - Body - Spirit Group offers research-based healing modalities to help participants deal with life change, stress or illness in an intimate and supportive setting.

Group members will learn self-care skills that engage the physical, mental, emotional, social and spiritual dimensions of life.

Facilitators are Claire Dickey and Jane Cadwallader Howe. The curriculum is based on the work of the Center for Mind Body Medicine.

This series will help you:

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

Mondays

March 9 - April 27, 2020

4:30 - 6:30pm

Virtue Medicine Studio

221 East College Street, #212 | Iowa City, IA 52240

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 \$400
Registration closes 2/28/20

A limited number of scholarships are available.