

# Mindfulness, Creative Movement, & Relationships

## Free One Hour Zoom Seminar at 7:30 PM EST

### Wednesday, Feb 9<sup>th</sup> Friday, March 11<sup>th</sup> Monday, April 04<sup>th</sup>

**Link to Zoom Meeting ID: [9172420544](https://zoom.us/j/9172420544)**

Experience a powerful state of tranquility, balance, & centering as Dr. Pat Webbink combines Guided Imagery & Music, Creative Movement, and Dance with her Theory of Relationships. She has authored 3 books on relationships, & a book on eye contact and intimacy, & all about eyes.

Dr. Pat is a licensed psychologist & acclaimed pioneer in the use of mindfulness, deep relaxation in psychotherapy. A multilingual world traveler, she combines 50 years of experience as a clinician with the practice of meditation in therapy.

She and her colleagues work with children, adolescents, couples, families, and groups.

**Hear her recordings by clicking images below. Also available on CD or through [Bandcamp.com](http://Bandcamp.com)**

					
					
	<p><b>Contact Dr. Pat Webbink for a Free 15-minute session</b>  <b>301-229-8000 or <a href="mailto:PatWebbink@aol.com">PatWebbink@aol.com</a></b></p> <p><b>DISCOUNTED BOOKS AVAILABLE THROUGH DR. WEBBINK</b></p> <p><i>Click on images below</i></p>				

