

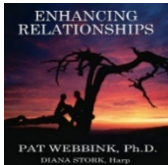
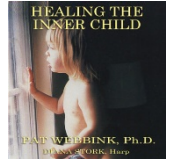
Mindfulness, Creative Movement, & Relationships

Have you been concerned about your stress levels with all that's been going on in the world?
Have you been looking for a way to find peace and wellbeing in your relationships?

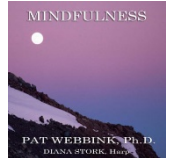


Free One Hour Zoom Seminar at 7:30 PM EST

Thurs Aug 19th Mon Sept 20th Thurs Oct 21st

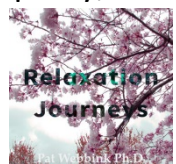
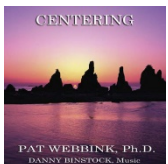


Link to Zoom Meeting ID: [9172420544](https://www.zoom.us/j/9172420544)



Get help in this free, zoom seminar with Dr. Pat Webbink, acclaimed, pioneering expert in the use of mindfulness, deep relaxation, guided imagery, and music in psychotherapy.

Dr. Webbink is now incorporating music with those techniques! You will explore a powerful synergy of mind and body in her latest experiential offering, Mindfulness, Centering and Creative Movement, a free workshop that teaches how to achieve inner peace, tranquility, and balance, whatever is going on.



A multi-lingual traveler, author, and dancer, Dr. Webbink has made her teachings available through four books on Intimacy in Relationships, as well as 15 audio recordings on Relaxation, Centering, Mindfulness, Relationships, and more.

All of these are available both digitally and through Bandcamp.com as well as on CD.

Full selection at AACCCounseling.com

Email PatWebbink@aol.com

CD \$12, or 3 for \$34

\$6 shipping

