

SOMATIC SKILLS GROUP

AT KETTLE MORAINÉ COUNSELING



JOIN A SEATED SOMATIC THERAPY LUNCH GROUP

This weekly seated 30-minute group will incorporate:

- Mind-Body Skills
- Breathwork
- Relaxation
- Mindfulness + Visualization
- Gentle seated physical movement

This group will focus on somatic skill development, nervous system regulation, self-care and awareness, and reducing symptoms. This is a relaxing, enjoyable group- join today!

WHEN

Mondays 1-1:30pm

8 weeks in June + July

Optional 5-10 min Q&A after

WHERE

Online- Zoom

Waiver and Link sent upon registration

To Register:

Tell your therapist -OR-
Call: 262-334-4340 -OR-
Email layne@kmcclinics.com

Groups can be paid for through insurance, HSA, or self-pay at \$35 per session

All welcome (ages 16+)

No experience necessary

Minimum 6 in group

Led by Layne Burkette,
LPC, E-RYT

