


ALREADY WHOLE

Rediscovering Inner Ease & Balance In Everyday Life

A Four-Week Somatic Mindfulness & Internal Family Systems (IFS) Workshop



In this series, we will explore our innate capacity for being with emotional distress in ways that are tolerable and lead to insight and growth.

Using the approaches of IFS and somatic mindfulness, we will learn how it can be possible to digest old emotional pain, and clarify maladaptive ways of relating to ourselves and the world.

In a supportive community, we will develop and deepen our ability for inner attunement, becoming more present and available to the flow of life within and around us.

Sundays 2:30 - 5:30 at [Healing Home in Carmel](#)
3/23, 3/30, 4/6 & 4/13
Cost: \$400

To reserve your spot or if you have any questions, please contact Yossi at deepeningawareness@gmail.com



Yossi Beeri has been immersed in the subject of healing for over 20 years. His focus and trainings include Sensory Awareness, Gestalt Awareness Practice, and Internal Family Systems (IFS). He offers a safe, gentle space where challenges can be explored and supported in a non-pathologizing way that facilitates learning, growth, and integration.

www.deepeningawareness.com

