

BODYWISE



Finally done feeling bad about feeling bad?

Join in a **supportive nurturing circle** to learn tools & techniques
of **Process Coaching Healing to Wholeness**

In our five sessions together, we'll explore and bring healing presence into the energy that arises from chronic pain, fatigue, and anxiety with ongoing health issues.

Classes will be held at **Sol Y Breath** located @ **14709 Mono Way, Sonora, CA 95370**

on **Tuesday** from **11 am to 1 pm** :

Beginning Oct. 30th, through Nov. 27th

\$25.00 a class or \$125 for entire series - sliding scale is offered.

Pre registration is required to keep an intimate group size

Contact **Tracey Wright** to reserve your space today.

(209) 213-9694 * traceywrightthere@gmail.com



Tracey Wright is a certified Process Coach and Teacher with over seventeen years of experience in the healing arts. Tracey integrates her practices of the Shamanic Arts, Feminine Power, Qigong, nature awareness and meditation with the very effective healing tools of Process Coaching. She loves to explore and share the truth and power that comes from discovering the Deeper Connected Self.