

From Chaos to Connection!

A Six-Session Zoom Class Series

with Susan Bowman

6:00 – 8:30 PM ~ Wednesdays

February 3rd & 17th

March 3rd, 17th & 31st

April 14th



Discovering our light in times of darkness...

Process Coaching is a unique fusion of somatic and therapeutic practices that catalyze deep emotional healing in the service of loving all of who we are and manifesting what we truly desire. In this class series, you'll learn the powerfully effective tools and inner art of Process Coaching.

- ♥ Feel embodied and grounded amid uncertainty.
- ♥ Experience your connection to Divinity / Source.
- ♥ Learn powerful tools for getting unstuck.
- ♥ Embrace your vast nature.



Susan has been on a healing journey for 20+ years. She holds an M.A. in Psychology and has worked empowering individuals and families for over 20 years. Susan is a certified Process Coach, Jin Shin Jyutsu practitioner, and a Reiki Master practitioner. Her passion is coaching others in loving the vast nature of who they are, as well as being there for traumatized parts of self so that true healing and integration can happen.

Cost for the class series: \$180, which includes telephone check-ins, 240-page *Process Coaching Practitioner Manual*, and *Healer's Practices mp3s*.

For registration, or further information, contact: Susan (707) 490-7440

ProcessCoaching.com/Susan