

# HEALING FROM TRAUMA

## HOLISTIC APPROACHES A FREE DAY OF WORKSHOPS ABOUT TRAUMA, THE BODY, AND RELEASE TECHNIQUES FOR INDIVIDUALS AND PRACTITIONERS

### SCHEDULE

- ❁ **9:30 AM: REGISTRATION & REFRESHMENT**
- ❁ **10-11 AM: HEALING TRAUMA WITH HERBS**  
Leah Wolfe, MPH, community herbalist, Trillium Center.  
People experience trauma in a myriad of ways and the healing process will be unique for each of them. Leah will share stories of healing, discuss the herbs that often help people heal from trauma, and demonstrate activities that help people recover from the symptoms of trauma.
- ❁ **11:15-1:15 PM: ALLOW, ACKNOWLEDGE, RELEASE  
EXPLORATIONS IN FASCIA & TRAUMA: PART 1**  
Sarah Bauer, owner of Samadhi - Massage, Reiki & Yoga.  
Learn about the how our life experiences accumulate in our physical form, and how to release stored trauma through self-awareness of posture, breath and movement. These concepts can also be used during an acute trauma, and can help in supporting a loved one or client.
- ❁ **1:15 - 2 PM: LUNCH** (Vegan/gluten-free lunch provided)
- ❁ **2-4 PM: ALLOW, ACKNOWLEDGE, RELEASE: PART 2**
- ❁ **4:15-5:15 PM: EMOTIONAL FREEDOM TECHNIQUE**  
Kim Juhas, Sunrise Wellness, and Lucy Marquez.  
Balance the energy system and relieve emotional reactions associated with stressful events, by tapping on meridian endpoints while focusing on the event. This workshop will give an overview of the basic theory and techniques of EFT.

# MAY 18<sup>TH</sup>

PILGRIM CONGREGATIONAL CHURCH  
2592 W 14TH ST.

• FREE OF CHARGE •

CALL TO REGISTER: 216-223-8621

CHILDCARE AVAILABLE (MUST REGISTER IN ADVANCE)

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