



INNER PEACE THERAPY & YOGA SUPERVISION RETREAT:

Integrating a Mind-Body-Spirit Approach into Your Life and Work Through Yoga and Meditation

The therapeutic use of yoga & meditation in treating mental health issues is quickly gaining popularity in empirical research. There are a growing number of ground-breaking studies showing yoga & meditations not only effectively treat mental health issues, they also serve to protect us from such conditions. In addition, current research in neuroscience shows we can actually train our brains toward ease, contentment, kindness, & compassion. (Facilitated by Deb Hennen-Bergman, MA, LMFT-Licensed Marriage and Family Therapist, Yoga Instructor, Board Approved Supervisor)



Join us for this exclusive & holistic supervision retreat. Our peaceful setting offers you a safe place to relax, check in with yourself, & practice some gentle self-care. Through ancient healing practices of yoga and meditation, this retreat allows you to explore, discover, connect, and expand yourself and your work:

- Broaden current view of mental health & Marriage and Family Therapy to include Eastern philosophical perspective
- Discover the therapeutic use of yoga & meditation in treating mental health issues (including depression & anxiety) as well as other imbalances
- Learn practices, poses, pranayama (breathing), & meditation to support innate healing from mental health conditions (including anxiety and depression) and to restore natural balance, health, & well-being
- Train your brain toward stillness, ease, contentment, balance, & compassion through contemplative practices proven effective by neuroscience
- Learn to apply mind-body-spirit practices with individuals, couples, & families for a holistic approach to therapy

*Choose **One** option of this exclusive Inner Peace Therapy & Yoga Retreat:*

Friday, July 19 from 9:30-3:30

Friday, September 27 from 9:30-3:30

Inner Peace Therapy & Yoga, 8100 Penn Ave S., Suite 104, Bloomington, MN 55431

\$100/session

Receive 7 hours of Group Supervision towards clinical licensure.

Register: deb@innerpeace-therapy.com / 952.457.8557 / www.innerpeace-therapy.com

Please wear comfortable clothes. Also, feel free to bring a beverage, lunch, and anything else that may support you in feeling comfy & cozy (favorite blanket, pillow, snacks, etc.) You deserve a day of respite, so please let Inner Peace Therapy & Yoga pamper YOU for a change.