



## **Embodiment: Befriending the wisdom of the body**

The body can be an incredible resource for self-regulation, self-care, and peace, and allowing the body to be that resource requires that we learn to listen to it. In this group, we will explore what it means to connect with the body, listen to the sensations and impulses of the body, and practice ways of bringing the body into a state of calm curiosity. From here in both therapy and everyday life, we can begin to track the embodied experience as a resource for healing, regulating and recuperating.

Every Tuesday from 1:00-2:00pm  
March 6, 13, 20 & 27  
At LifeCare Wellness  
45 S. Park Bld. Ste 200 Glen Ellyn, IL

For group information and registration  
Email [rothwell.lifecare@gmail.com](mailto:rothwell.lifecare@gmail.com)  
Session schedules are flexible based upon client needs.

*Kimberly Rothwell BC-DMT, LCPC, CADC, GL-CMA: While working in the counseling field over the past ten years, Kim has come to appreciate the body as a key to the work of therapy. In addition to her current private practice, Kim teaches in the Department of Creative Arts Therapies at Columbia College Chicago.*