

Saying YES to Life

A WEEKEND OF CORE ENERGETICS WITH JOANN LOVASCIO

This three-day workshop is an invitation to come together as a healing collective. We will honor the territory of our wounding as sacred. We will open together through the complex archeology and hidden capacities that lie buried in the history of our bodies. You'll have the opportunity to move your energy, challenge distortions, and take the risk to contact and express missing dimensions of your being and long-hidden deep feelings. You will grow simply by bearing witness to the pain, vulnerability, courage, and reinvigoration of other beings. It's a chance to step in and share yourself, to lead and guide others, and to be changed by the group experience so you can open to to a new level of the fullness and intelligence of your body and life-energy.

SEATTLE, WA

July 27-29, 2018

Friday: 1 - 5

Saturday & Sunday: 10 - 5

Deep Roots Dance Studio
9728 Greenwood Ave North
Seattle, WA 98103

Cost: \$375

To ensure this is a safe & healing space, participation is by interview only. To arrange an interview email:

joann@joannlovascio.com

Paradoxically this deep uniquely personal work expands us from a personal focus on ourselves into deeper presence in the human collective. Human bodies hold our stories—the histories of all our ancestors. Whatever is in our actual experience—pain, joy, fear, grief, longing, resentment, desire, rage—it is all here to be felt and shared, honored and witnessed. Sharing this process allows us to stand in the terra firma of our embodied experience. From there we continue to ground and open to our capacity to live life fully.

This work empowers people to become leaders. An effective leader is able to be authentically present to the full range of human diversity and complexity. As embodied human adults we can truly encounter other people on a level playing field—with authority, confidence,

playfulness, and empathy. This work is directed at facilitating such leadership capacities.

ABOUT JOANN

JoAnn Lovascio is a certified Core Energetics practitioner. She has facilitated healing through year-long healing collectives, group workshops, & individual sessions for over 15 years in the Bay Area and the Pacific Northwest.



Learn more about JoAnn & Core Energetics at joannlovascio.com