

Topics for 6 following sessions:

- Week 1 Dealing with being and feeling victimized:
- the anger, hurt and confusion that follows.
- Week 2 The feeling of abandonment and how we deal with it.
- Week 3 Being self honest
- Week 4 Karma and what it means.
- Week 5 Bundling of feelings and how it occurs.
- Week 6 How shame misinterprets our experience
volunteer supported wellness center.



William is a RYT 200 Yoga Certified and Life-Coach at Sattvic Space. William has over 20+ years as a New York Licensed Clinical Social Worker who specialized in post-traumatic disorders, addiction recovery and marriage counseling. William is trained in Gestalt therapy, psychodrama and healing the inner child. William has also been part of various 12-step recovery communities for over 20 years. His passion is in the integration of Western psychology and 12-step healing modalities with the ancient Eastern forms of healing of yoga, meditation, and Pancha Karma.

Cost:

\$30 per class or \$150 pay upfront
(6 classes for the cost of 5)

GROUP or COUPLES rates available