

# At Home in Your Body: Today, Tomorrow & Always Workshop Outline



## Week 1: Our Silence

- We must learn how to speak up for ourselves, and for our bodies
- To do that, we have to begin by learning to process stress & deal with our Parental Voices, which we hold inside

## Week 2: Starting Where We Are

- Starting where we are, not where we want to be
- Exploring what hooks us into reactive behaviors
- *Shenpa* and how to deal with it in daily life

## Week 3: Awakening Love

- To love ourselves, we must cultivate it, daily
- Peace
- Love
- Understanding

## Week 4: Finding Our Way Home

- Our bodies house our minds and spirits
- Becoming more comfortable with who we are, and will become
- You are the prophet of your own life – empowering yourself
- Keeping up appearances when you're not feeling confident
- Trusting your gut & how to ground yourself without food
- Self-acceptance, not just merely tolerating the way you are