

YOGA & FOCUSED MUSIC  
AND IMAGERY GROUP

# CARING FOR THE SOUL

This 6-session group for adults will explore weekly themes relating to caring for our soul through: intentions, gratitude, and self-love. Each week, group will begin with connecting our minds and bodies through yoga, moving into focused music and imagery for your own personal journey in caring for your soul.

Yoga will be appropriate for every body, no experience needed. Yoga props (mats, blocks, bolsters, blankets) will be available.

## GROUP LED BY

Sara Devine MT-BC, NMT, LCSW,  
ICGC-II, WMTR and  
Melissa Benson, RYT 500

## When:

**Mondays 5:00pm - 6:15 pm**

**11/6, 11/13, 11/27**

**12/4, 12/11, 12/18**

## Where:

**Expressive Therapies,  
250 N Metro Drive, Suite B  
Appleton, WI**

## Registration Information:

- Registration Deadline: Friday, November 3
- Insurance accepted
- New Clients require an initial appointment prior to the group setting.
- All Clients are required to complete a registration form.
- All groups requires a minimum of 6 confirmed registrations.



For more information please contact Expressive Therapies  
by phone at 920.903.1009  
or Email: [scheduling@expressivetherapies.net](mailto:scheduling@expressivetherapies.net)