

Loving Journey Group

The Loving Journey is a twelve-week group for big-hearted men and women who want to learn more about the five practices that transform stressful, survival-mode relationships with themselves and others into more healthy, loving-mode relationships. These groups focus on changing stressful mind beliefs, practicing healthy body care, and enhancing the ability to feel unconditional love. People who completed this group reported experiencing more love toward themselves and others, their body in better balance while enjoying their new friendships so much that 75% continued onto the next Loving Journey group with their new friends.

Free Loving Journey Orientations: Please call to sign up for a free 60 minute orientation to learn about the value and benefits of the Loving Journey. Where: Facilitative Healing Center 841 Corporate Dr. 301, Lexington, KY 40503.

Information

WHEN: Weekly Thursday Sept. 29th to Dec. 15th (off Oct. 11th)

TIME: Thursday 6:00pm to 7:30pm

COST: Total \$480 for 12 weeks. \$397 if paid in full by 9/29/16 or you can pay \$149 per month or \$40 per week. Make up sessions are available if you miss up a group.

General Information: The group will start with a brief share, topic discussion, and practice time for skills including meditation and journaling. Weekly topics include present moment awareness, self-compassion, self-forgiveness, self-acceptance, unconditional self-love, purpose, compassion for others, forgiveness of others, acceptance of others, unconditional love for others, etc.

To register for the free orientation, loving journey group or need more information: please call Theresa Barry-Greb MS, PT at **(859) 494-5851** or email Theresa at **theresabarrygreb@gmail.com**.

Theresa Barry-Greb MS, PT has facilitated many groups over the past 15 years including Loving Journey, EBT and different workshops including energy work, dream interpretation, enneagram and other spiritual topics. She has integrated all of her wisdom into creating this Loving Journey Program.