

Loving Journey Program

The Loving Journey is a twelve-week group to create a love-focused life with unconditional love for yourself and others. This program teaches you how to create a love bridge between the reptilian and neocortex parts of your brain. Each week we will focus on a different plank of the love bridge like presence, compassion, forgiveness, acceptance and unconditional love to develop a healthy life. Then create strong bridge rails with one rail for healthy limits for yourself and other rail for healthy boundaries with others so you can feel safe around others. The group also utilizes the wisdom within each person to share within the group to enhance your loving journey.

Free Loving Journey Orientation

Free Loving Journey orientation available upon request. Please call Theresa Barry-Greb MS, PT at (859) 494-5851 to set up a 45 minute session to learn more about the Loving Journey Program.

Twelve-Week Loving Journey Program

WHEN: Weekly group starts on Sept. 14th to Dec.21st 2017
(no group) 10/19/17, 10/26/17 and 11/23/17

WHERE: Facilitative Healing Center
841 Corporate Drive, Suite 301
Lexington, KY 40503

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

COST: Total \$399 if paid in full or you can pay \$35 per week/session

To register or would like 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 is the co-creator of the Loving Journey program and Global Heart Team. She is a loving journey facilitator; add heart facilitator physical therapist, dream interpreter, enneagram instructor and reiki master. She has a BHS in physical therapy and MS in Education, which she taught at Midway University. Theresa has facilitated many workshops and groups for the past 18 years including loving journey, dream interpretation, intuitive energy work, enneagram, EBT, and psychosynthesis. She has integrated all of her loving wisdom into creating this Loving Journey Program.