



Loving Journey Group

(c) Facilitative Healing Center

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 shared wisdom to enhance your loving journey.

Program Details

WHEN: Weekly group starts on Tues Feb 6 to Apr 9 24, 2018

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

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

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

Registration: Call Theresa Barry-Greb MS, PT at (859) 494-5851 or email Theresa@FacilitativeHealingCenter.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.