

# chrysalis



In this ongoing monthly workshop series, we foster in-the-moment presence and integration with body, mind, soul, and spirit. We explore our innermost impulses and needs, using individual and group process, movement, and gesture, to help express our core selves. We play and move with inner rhythms, finding what is most organic to the organism. Anyone can join at anytime – All are welcome!

## A Body-Mind Exploration

**Workshop Dates:** *March 14, April 11, May 9,  
June 13, July 11, August 9, September 19, 2009*

**Location:** *Physikos Studio at the Village Gate Square*

**Time:** *9:30 a.m. to 12:30 p.m.*

**Fee:** *\$50 in advance or \$55 on the day of session  
\$135 for three out of four consecutive months  
50% discount for students*

**Lisa Lindsay, Ph.D.**  
is a licensed psychologist  
and Certified Group  
Psychotherapist, with  
areas of focus in the  
body in psychotherapy,  
movement practices, &  
subtle energy  
therapeutics.

*For more information, call 256-1659 or email [lisalindsay@frontiernet.net](mailto:lisalindsay@frontiernet.net)*

Registration Form

Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Send to: Lisa Lindsay, 325 Park Avenue, Rochester, NY 14607

Make check payable to: Lisa L. Lindsay, Ph.D.