

# Mind-Body Skills Group



An 8 session experiential course designed to teach you effective, practical, research based healing techniques to help you successfully cope with and manage:

- Life transitions
- Stress
- Physical, mental & emotional symptoms and illness

In an intimate, safe and supportive group setting, you will be empowered by learning skills such as:

- Breath work
- Meditation
- Guided imagery
- Autogenics & Biofeedback
- Drawings, Journaling & Movement

Emphasis is on deepening self-awareness and learning to integrate these skills into your daily life.

## Group offered by Allie Dodge, LAc, DiplAc, MAc, BA

Allie has a BA in Psychology and a Masters Degree in Classical Five-Element Acupuncture. She has a private acupuncture practice in Boulder, CO and is a faculty member, Deputy Faculty Chair, and Faculty Representative to the Board at the Institute of Taoist Education and Acupuncture. She is currently enrolled in the Certification Program at the renowned Center for Mind-Body Medicine.

**Location:** Institute of Taoist Education and Acupuncture (ITEA)  
325 W. South Boulder Road, Suite 2, Louisville, CO 80027

**Date:** Tuesdays, 3/20/12— 5/8/12      **Time:** 6:30-8:30pm

**Cost:** \$160 for 8 sessions

**For More Info:** Visit [www.alliedodgeacupuncture.com](http://www.alliedodgeacupuncture.com), or contact Allie at 303.818.5507 or [alliedodge@yahoo.com](mailto:alliedodge@yahoo.com)

  
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