

FORMING NOW

# BODY-CENTERED PROCESS GROUP

TUESDAYS 7-8:30PM FOR 6 WEEKS

TAKE A STEP BEYOND WHATEVER HOLDS YOU BACK  
FROM FULLY ENJOYING LIFE AND CLAIMING THE  
MAGNIFICENCE OF WHO YOU TRULY ARE

The purpose of this facilitated group is to create an environment in which you can feel safe, explore your deepest life struggles and be witnessed by others. Informed by the principles of Bioenergetics and Core Energetics, two body-centered approaches to personal growth and healing, sessions will include time for personal sharing, experiential exercises, and the extensive use of breath and movement. This group is ideal for individuals who want to feel happier, less anxious, more confident in themselves and more connected with others. To learn more or to register contact us at-



Beth ([beth@bethdohertytherapy.com](mailto:beth@bethdohertytherapy.com))

Harold ([HaroldKatz635c@gmail.com](mailto:HaroldKatz635c@gmail.com))



Location:

Speaking that Connects

610 Plainsboro Road Plainsboro, NJ

\$295 for six sessions @ 1.5 hours each



## Beth Doherty, Ed.S, LPC

Beth brings more than 10 years of professional training in Core Energetics and Bioenergetic Analysis. She is passionate about helping others express their most genuine selves, while having a sensible outlook to what she considers deeply transformative work. Beth enjoys reflecting on life's challenges and sees them as opportunities for spiritual growth. She can be reached [609-477-9333](tel:609-477-9333).

## Harold Katz, CCEP

A Certified Core Energetics Practitioner, Harold is fiercely committed to his awakening and growth and to supporting others on their own journey. In addition to a long-standing commitment to helping marginalized individuals as a public defender (a position he held for over 40 years), Harold enjoys writing poetry, viewing it as a spiritual practice, dances in an improvisational dance workshop, hikes, and frequently returns to France where he once studied as a college student.