



Somatic Learning®
with Risa Kaparo, Ph.D.

The Art & Practice of
Embodied
Mindfulness



www.SomaticLearning.com

Transform Pain, Stress, Trauma & Aging Through Awakening Somatic Intelligence

March 8th, 2014

Workshop Description:

Drawing deeply from research in neurology, psychology, and biology, we will explore the unique capacity of Somatic Intelligence – which is self-sensing, self-organizing and self-renewing – to transform stress while, effortlessly enhancing joy and compassion.

Time: 1:00pm – 7:00pm (PST)

For more information: visit www.somaticlearning.com or email inquiry@somaticlearning.com

Yoga Kula
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Berkeley, CA 94709



Risa Kaparo, PhD.

Psychotherapist, Somatic Learning® facilitator, author, poet, songwriter and dancer, teaches her approach to self-healing and meditation all over the world, and shares these insights in her book, *Somatic Intelligence: The Art & Practice of Embodied Mindfulness*, and its companion material.