

# *Emotional Survival* *Self-soothing* *patterns and origins*

A 6-week exploration into how and why we have the soothing patterns we have.

We will dig deep into our habituated tendencies in a loving, safe and nurturing environment.

For all who are curious about the stubborn patterns and behaviors we involuntarily and unwittingly perpetuate in our lives.



## *Recognize the pain* *you seek to soothe*

June 2023

Day & Time TBD

In Pueblo and Boulder

### A HEALING CLASS: HYBRID OR ONLINE **\$240**

Hybrid meets alternating weeks in your location and online

Please reserve your spot and pay at

[healingsunenergetics.com/shop](https://healingsunenergetics.com/shop) or 970-222-8463