

Enhancing Our Resilience

Through Leadership Embodiment & Peacemaking Circles

One Day Workshop
June 20, 2015, 9:30 am – 6:00 pm
\$190.00

The Center at Westwoods
590 Gay Street, Westwood, MA 02090

Like animals, we have evolved to react when in danger as part of our survival. Yet, like this "cool" cat sitting calmly astride her equine friend, we, too, can learn to return to centered alignment and ease no matter how pressured we feel. When we are under pressure, pain or stress, instead of numbing out, or being overwhelmed, we can develop resilience through accessing these tools to better care for ourselves and others.

This self-care workshop will focus on how to access Centering and somatic empathy through:

- **Leadership Embodiment Centering of Wendy Palmer**-listening deeply and responding with compassion, discernment, and resilience
- **Somatic Empathy**-feeling into our embodied selves sensing from the inside out in relation to others rather than separating from our bodies or them
- **Concentration Practices**-cultivating Mindful awareness and clearer thinking
- **Peacemaking Circles**-listening and sharing from the heart without interruption
- **Medicine Wheel**-Accessing Tribal Wisdom to bring ourselves back into wholehearted balance

Facilitators:
Olivia Cheever, Ed.D., G.C.F.P.^{cm}
Victor José Santana, M.A.

For more information and to register online visit:
www.oliviacheever.com

Call Olivia at 781-449-1410
Call Victor at 857-445-9190



About Victor

Victor José Santana is an educator, peacemaker, artist, community planner, curriculum developer, and youth leadership development specialist.

www.victorjosesantana.com

About Olivia

As a somatic Leadership Coach and Wellness Educator, Olivia Cheever teaches Self-care, Resilience, and Peacemaking through accessing our powerful Mindful healing resources, *Centering*, *Somatic Empathy*, and *Feldenkrais*® "gourmet" movements.

"We inhabit a body that communicates and processes information on a sensory level far more encompassing than our cultural view leads us to believe."

—Wendy Palmer

Founder of Leadership Embodiment

"With our thoughts we make our world. Our mind is centered and precedes our deeds. Speak or act with your pure mind and happiness will follow you like a shadow that never leaves."

—HH. The Dalai Lama: *Prayer for US Senate*,
March 4, 2014