

# Celebrating The Emotional Body

## A Five-Week Virtual Exploration

Thursdays 7 - 8:30PM CT / On Zoom

March 3 / 10 / 24 / 31 / April 7

Fee: \$49 / [Register Now!](#)

Every human is born with the full-range of human emotions and yet we experience very early on that some are acceptable and some are not.

From this early conditioning, we learn to fear, repress, deny and distract from our most immediate and potent form of life-force, instead of celebrating this innate capacity to feel deeply.

Join us in this co-created wisdom circle to discover what it means to embrace and celebrate our emotional body. Come away with valuable, life-long skills for effectively allowing and embracing our emotions.

Using sound, movement, self-reflective journaling and active guided meditation, we celebrate the full range of our human emotions to liberate our life-force and joy.

In this circle you will:

- Open to the wisdom, beauty and innocence of every emotion
- Practice feeling and sharing your emotional truth
- Experience the strength that is revealed through our vulnerability
- Surrender resistance to experiencing emotion and associated sensations
- Discover how within each challenging emotion is the seed of its opposite
- Learn experientially that 'Fear is safe'
- Learn to heal chronic health conditions caused by past undigested experience and the attached emotions
- Liberate trapped life-force energy from suppressed emotions

*Elysabeth Williamson has been passionately engaged her entire life with discovering tools for healing her own emotional body while supporting others in the same.*

*To learn more: [www.partneryoga.net](http://www.partneryoga.net) and [www.ElysabethWilliamson.com](http://www.ElysabethWilliamson.com)*