

# *Touching Vibrant Nature*

A one-day retreat for

## *Connecting Your Tactile Sense to the Earth through Texture, Space and Movement*

*Release tension and increase vitality in your body, mind and spirit by enhancing your sense of touch. Soften the demands of daily pressures through engaging in guided relaxation and exploration. Enjoy nature's renewal in expressive movement, lively contact and spirited rhythm.*



*Come to vibrancy in your senses with  
Carolyn Rodenberg, MA, LMFT, CCH  
Caring Presence Psychotherapy, PLLC  
[www.caringpresence.net](http://www.caringpresence.net) , 206-367-3058*

Carolyn specializes in body-oriented psychotherapy and retreats. She guides people in listening to their somatic and sensory language, activating awareness as a resource for change and growth. With 26 years of experience, including 20 in healthcare settings treating medical issues and trauma, Carolyn enjoys offering gatherings which deepen and enliven the connection between a person's nature and the environment.



*Saturday, November 15, 2014*

*10 am to 4pm*

*at Little Dog Yoga Studio,*

located in the Lake City neighborhood of Seattle  
(Direction provided upon registration)

**Cost: \$85 (includes a delicious organic lunch)**

**To register: call (206) 367-3058,**

**or email [crodenberg@caringpresence.net](mailto:crodenberg@caringpresence.net)**

**by November 7th.**