



POWER RETRIEVAL



with Molly McMillan, OTR/L- owner/director

Throughout our lives we have all had the experience of “giving our power away” or feeling it was taken from us, leaving us with the sense of not being whole, and wondering what was missing. This workshop will give you the opportunity to retrieve this vital essence through journeying, and movement facilitation techniques all done in a supportive and empowering group environment. When we live with our full vital essence or power we are able to flow with life more easily, we feel healthier, happier, and more energized. Please join us, and re-discover the power that is your birthright.

Date: *October 23, 2010*

Time: *1:15-4pm*

Place: *Moving Body Resources, 112 West 27th St., Ste. 402, NY, NY*

Cost: *\$30 if registered by October 14th, \$35 thereafter*

Please wear clothing you can move in, and if you have them bring a rattle or a drum, and a notebook.

Go to www.manhattanmfr.com or call 917-439-6548 for more information.

Molly McMillan, OTR/L has been an Occupational Therapist for over 20 years. She has been practicing myofascial release, the John F. Barnes, P.T. method since 1996, and now instructs MFR seminars with Mr. Barnes, and for his company nationally. Molly has studied with Shamans from various cultures, and Soul Retrieval with Sandra Ingerman. She offers individual Soul Retrieval sessions as well as Shamanic healing and consulting services. She has been an inner core member of the New York Shamanic Circle for 7 years.