

## Mind Body Skills Groups Now Forming



### ✓ Mind Body Skills are a series of techniques that are designed to help you

- Reduce Stress
- Balance Emotional States
- Find Inner Knowledge, Inner Calm, Inner Guidance
- Promote Physical and Emotional Well Being and Health

### ✓ Mind Body Skills include

- Meditation
- Imagery
- Breathing Techniques
- Journaling
- Use of Ritual
- Autogenics
- Biofeedback that you can learn and use at home
- .....and more!

### ✓ People Who Join Mind Body Groups

- Want to participate in a safe, supportive groups of 6-8 people
- Want to develop a healthy, balanced life style
- Are interested in understanding themselves and how to create their best possible life
- Want to be empowered with a toolbox of techniques so that they can select what works best for them within the context of their personal goals
- Want to reduce stress, manage a life transition, improve mood, reduce anxiety, manage an illness, lower blood pressure, improve relationships or enhance a life that is already working well

To learn more about mind body groups please contact me at 301-588-6464 or visit my

↪ website [www.barbarablitzer.com](http://www.barbarablitzer.com) ↪

*Initial Interview for potential group members will be free of charge without commitment. Limited Scholarships available. May be insurance reimbursable for group psychotherapy.*

Barbara Blitzer, LCSW-C, M.Ed. is a psychotherapist with special training and experience in mind body skills. She is a former faculty member and group leader with the Center for Mind Body Medicine in Washington, DC. Ms. Blitzer currently has offices near the Bethesda metro and in Silver Spring. She has lectured on the integration of mind body skills and psychotherapy throughout the metro DC area and brings 30 years of experience with meditative techniques to her work with clients. She has been conducting mind body skills groups since 1996.