



a Core Evolution Workshop



find your joy!



Aylee Welch, LICSW
Wolfville, Nova Scotia
June 12 & 13, 2010

\$250. two day workshop
\$210. before May 12th

*Respect for the life force behind all of nature
adds a deep spiritual component to this work.*

*The workshop environment gives us the
chance to explore and create connection
that we all long for.*

(206) 910-9766
www.bodypsychotherapy.us
Body-Psychotherapy of Seattle

*Aylee Welch, LICSW, is certified in
Core Energetics/Core Evolution and
Core Soma. She has 15 years experience
working with groups and individuals. She is
owner of Body-Psychotherapy of Seattle and
conducts workshops on the West Coast.*

*Imagine a small child who becomes afraid. He will
suck in his breathe, his shoulders lift and tense, and
his neck shortens. The eyes bug out in alarm. This
posture prepares him to flee or fight as necessary.*

*If the child doesn't have the comfort to allow his system
to relax, the tension can persist in the muscles and
inform body posture. The emotion and experience of fear
and alarm may become frozen in the system. The young
developing body reinforces and sustains the experience
of fear and distrust. Over time this will affect the
child's personality and perceptions of the world
around. He may grow up thinking there is danger
when no threat is present. His life is limited from
within by the old experiences held in the system.*

*Core Evolution is a body-oriented
psychotherapy that heals old images,
blocks & disturbing life patterns,
freeing up life energy and our joy.*