

# The Insightful Balance Circle



Insightful Release Counseling  
*Holistic Therapy*

## Flow, Presence & Vitality

### A Somatic Movement Journey to Embodied Equilibrium

In this unique group container, we will move beyond "fixing" problems and instead cultivate the three pillars of embodied balance.

**Flow:** Clear the static and move with effortless ease.

**Presence:** Drop into the now and feel grounded in your own skin.

**Vitality:** Awaken your natural spark and let your energy circulate freely.



Led by Amy Geyer, LPC  
Clinical Trauma  
Therapist &  
Somatic  
Practitioner

**INVESTMENT: \$45  
PER SESSION  
4-WEEK VIRTUAL  
SERIES**

### What You'll Experience

- ✓ No talking required. (Just move and feel)
- ✓ No experience needed. (Your body knows the way)
- ✓ A space of exploration, not correction
- ✓ Gentle, guided somatic movement
- ✓ Embodied equilibrium practices

July 8<sup>th</sup> July 15<sup>th</sup>  
July 22<sup>nd</sup> July 29<sup>th</sup> 7-8:15 pm

• [Email here to inquire](#)