



Attune to Rhythm: Therapeutic Rhythm & Mindfulness Booster Workshop



JUNE 12TH 2017

7:30 – 9:30 P.M.

**A Refresher Evening for TRM
Workshop Participants**

**Cultivate Presence, Resiliency,
Vitality, Connection
and Well Being!**

Being fully present activates harmony and integration in our body, brain and relationships. Presence also enhances our health, wellbeing, and relationships. This is an evening for past TRM Workshop participants to reinvigorate with the Therapeutic Rhythm and Mindfulness (TRM™) program. Together we will play with rhythm and practice mindfulness as a path to cultivate presence and integration. Take home tools will be woven into the workshop and with these practices, we can develop new ways to deepen our listening and relating while feeling energized, calm, and centered. With self-care comes an enhanced energy and capacity to feel connected with and to care compassionately for others.

Where: Centre for MindBody Health (CMBH)
250 Eglinton Ave. W. Suite 200

Cost: \$40

For further information please contact Camilla@sharigeller.ca
register visit: <http://www.sharigeller.ca/events.php> or send completed registration form and
etransfer to Camilla@sharigeller.ca



Dr. Shari Geller is an author, clinical psychologist, and creator of the [Therapeutic Rhythm and Mindfulness Program](#) (TRM™). With over twenty years experience weaving psychology and mindfulness, Shari co-authored the book: **Therapeutic Presence: A Mindful Approach to Effective Therapy**. Her new book: **A Practical Guide For Cultivating Therapeutic Presence** (2017), offers practical guidance for cultivating and strengthening Therapeutic Presence as a foundational approach. She serves on the teaching faculty in Health Psychology at York University and for the Applied Mindfulness Meditation (AMM) program at University of Toronto; and is Adjunct Professor in the Faculty of Music at the University of Toronto, in association with Music and Health Research Collaboratory (MaHRC). She is the co-director of the [Centre for MindBody Health](#).

**RETURN TO RHYTHM: THERAPEUTIC RHYTHM & MINDFULNESS BOOSTER WORKSHOP:
MONDAY, JUNE 12TH, 2017 7:30 – 9:30 P.M.**

Name: _____

Address: _____ Phone: (H): _____ (C) _____

Email: _____

Occupation: _____ Family Doctor: _____

Emergency Contact Name and Phone #: _____

Are you currently experiencing any mental, emotional or physical health issues?:

Do you currently have an individual therapist, psychiatrist, or any other person helping you with mental or emotional health concerns? Yes No

If yes, please provide their name(s) and contact information:

How did you hear about this evening: _____

Please let us know which TRM workshops you have attended:

Do you own a drum or intend to bring a drum to the groups? _____

Please state what you hope to gain for yourself from this evening workshop:

Any additional information you feel is important for us to better support your needs during this evening:

