

# Make Sense of Your Emotions

## *Eight Weeks to Greater Emotional Intelligence*

*Wednesday evenings online beginning Jan 27 @ 5 - 615 PST*



- ▶ Each week there will be a topic, such as fear to peace, or anger to power, and we will start most weeks with a short yoga/mediation practice to help you explore the topic in your life, and to transform the experience to find the “gift” of these challenging emotions.
- ▶ There is nothing like the support, shared experience, and thoughts of like-minded individuals getting together for the goal of healing and evolution. Many emotional concerns have an interpersonal component. This group provides a safe setting in which to work on interpersonal relationships.
- ▶ Expect to transform difficult emotions and/or situations and have new experiences in your relationships



Hi, Nirmal here - I've spent 20 years learning and continue to learn about the connections between mind, body, brain, and emotions, and how physical, mental, and emotional changes happen.

I love helping people gain emotional intelligence and get better at responding to their own needs in the context of their relationships.

Because life is relationship, and once you learn to interpret your own emotions and utilize that learning, it becomes much more fun.

Class facilitated by Nirmal Conforti, LCSW. Licensed therapist, breathworker and Kundalini Yoga teacher based in Bend OR. Investment: \$216 payable by cash, check, credit card or direct transfer like Venmo or PayPal.