



## Introject Experiential Workshop

Creating mindfulness and understanding in your experience of self.

A 4-hour workshop in which participants cultivate a stronger sense of self-awareness and improve their relationship with themselves. Share with others and develop an understanding of intrapersonal dynamics to create greater self-reliance and inner tranquility.

*For more information, please contact:*

Interpersonal Therapy, LLC

[www.interpersonalequinetherapy.com](http://www.interpersonalequinetherapy.com)

(920) 559-2278

[sdriver@gmail.com](mailto:sdriver@gmail.com)