

Transformational Healing with Summer Sunderland



Tuesdays, from 7 to 9 pm

May 9th, 16th, 23rd, 30th

4 week series \$123

at

The Spiral Goddess Collective,
A Center for Mind/Body Movement

16 State St, Bangor, ME

Full and Partial Scholarships Available



Are you on an inner healing journey? Are you looking for help to take your journey to the next level? Are you looking for guidance on your path without one-size-fits-all cookie cutter approaches? Guidance that honors your inner wisdom for your unique path and honors that we all need support in order to heal, grow, and thrive? Are you looking for a community of people who are also on their own healing journeys, to be supported as you walk through inner fires and dive deeper into your shadows and tender places?

Join us at The Spiral Goddess Collective for a
Journey Toward Inner Wholeness, Freedom, and Aliveness!

For questions or to reserve your space, please contact Summer at yourpathyourway@gmail.com.

When we reach new levels in our healing journeys, we need new skills for the next level. Join Summer Sunderland for this 4-week workshop as we explore inner healing, self-discovery, and transformation.

This 4-week Transformational Healing workshop will incorporate practices of embodiment, spirituality, mindfulness, and shadow work—techniques that help us to connect with our intuition and wisdom. We will play with core elements that help us go beyond coping to access genuine inner transformation. We will move beyond mental health into holistic healing. This kind of work is an ongoing journey, so we won't wrap it all up in 4 weeks, but you will find guidance and support and you will move forward in your journey.

Through this workshop you will:

- **Explore more layers of yourself, your power, and your true essence.**
- **Discover more self-awareness, greater empowerment, and increased confidence.**
- **Learn skills for our deeper layers through shadow work—facing those aspects of ourselves that we suppress, reject, or deny because we deem these things bad, ugly, dark, or inadequate.**
- **Move toward greater wholeness and aliveness, experiencing some genuine inner shifts.**
- **Release what isn't really you: conditioning, old pain energy, whatever no longer serves you, enabling you to move forward.**
- **Embrace more of what is really you: aspects of yourself that have gotten pushed down/repressed/hidden.**

As we embrace more of our true selves back into our hearts, we are able to be and feel more whole, alive, and free!

More About Summer Sunderland, LCSW

Summer is a mom, barefoot mystic, and transformational healer. She is a licensed therapist who has been specializing in complex trauma for 25 years, guiding her clients through deep dives into their inner worlds. She has discovered that when we go beyond clinical approaches to mental health and incorporate body, mind, and spirit, much more is possible in our healing journeys. Through Summer's work as a therapist, she has created an inner map of the layers and places we find within ourselves. More importantly, she's created a map of core elements that are crucial in transformational healing. Her models are also ever evolving as she continues to expand her awareness. Summer will facilitate experiential healing exercises based upon her experience as well as what's most alive for group members. Thus, participants in this workshop series are co-creators of the experience, bringing their experience, questions, tools, and needs to help shape the practices.

For more information about The Spiral Goddess Collective go to www.thespiralgoddesscollective.com or email Sarah Hentges at thespiralgoddesscollective@gmail.com. See our schedule and classes on the Mindbody App →

