

# The Healing Circle

A DEEP DIVE INTO OUR STORIES FOR  
PERSONAL HEALING AND TRANSFORMATION

**A guided group coaching session using narrative,  
journaling, energy work, energy psychology, meditation  
and Reiki.**

**Wednesday, September 20 6:30-8:00 p.m.  
Exhale Pittsburgh, 222 Boulevard of the Allies  
4th Floor, Downtown Pittsburgh 15222  
Cost \$35/Each Month**

The purpose of this group is to support your healing and transformation  
by guiding you to:

- Understand and strengthen your mind-body connection
  - Heal the relationship you have with yourself
- Work on identifying the underlying thought patterns that undermine your progress and teach you various modalities to reprogram your subconscious

Please contact Nicole Trombley for questions and to register.

There is limited space for this group.

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