

# *Leadership Embodiment*

## *Integrating Mind, Body, Spirit*

**In a safe, supportive space, through gentle movement and awareness exercises, learn mindfulness and aikido principles to develop powerful yet gentle confidence.**

*Leadership Embodiment* can help you:

- ✓ **Manage stress with more ease**
- ✓ **Build self-confidence**
- ✓ **Resolve conflict**
- ✓ **Create healthier boundaries and relationships**
- ✓ **Deal with resistance and rejection**
- ✓ **Handle fear, anger, and anxiety**

### *Classes, 2016*

**Level 1 Leadership Embodiment, 2 Saturdays,  
May 7 and May 28, 10am – 5pm, \$400; \$300 if you've taken a class  
with Cathy**

**(scholarship available)**

**Continuing classes 2nd Saturdays, 10am – 12 noon**

**All classes held at 1300 Grand St., Alameda, 94501, sliding scale: \$25-35**

**Cathy Dana, M.S., CHT, CMT, is a firewalking hypnotherapist with a black belt in aikido.**

One of the first Certified *Leadership Embodiment* instructors, she has trained with founder Wendy Palmer for over 27 years. With a master's degree in counseling, Cathy has spent the last 29 years practicing and teaching a combination of bodywork and hypnotherapy, specializing in healing trauma.

*“Cathy’s Conscious Embodiment introduction was the single most profound class I ever took.” ~ Tim McMuldren, musician*

*“Cathy is a healer with unparalleled gifts. Compassionate, nurturing, skilled and intuitive, Cathy provided me with the tools to attain a peace I never thought I could*

*achieve!*” ~ Alison Bouchard, CEO, Techmommy

*“Cathy is competent, knowledgeable, compassionate and non-judgmental.”* ~ Patrick O'Reilly, Ph.D.

*“You truly live to lift hearts. I thank you, I thank you, I thank you.”* RZ Smith, OD consultant

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