

Voice Dialogue: a Path to Greater Self-Awareness

with Rebekah Hirsch – Body-Mind psychotherapist,
Voice Dialogue facilitator and trainer and
graduate of the Barbara Brennan School of Healing

Saturday, 16 March 13.30 for 14.00-17.30



We all of us have different 'selves' within us of which we are sometimes only vaguely aware – eg the pusher, the pleaser, the rebel, the playful child, the inner critic. Giving voices to them, allowing them to be heard and to express their different needs can be a remarkably powerful tool in achieving greater self-awareness and self-understanding. Voice Dialogue provides that tool: it is a technique developed nearly 50 years ago which is well worth learning!

Cost: £30 includes refreshments **Code:** WVD1

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