

# David Bedrick is Coming to Sydney!

Thursday, September 24, 2015 7:00-9:30pm

## Body as Guru

### Accessing the Body's Wisdom for Our Lives

While we look outside for wisdom and guidance, one of our nearest and dearest teachers is right here—our bodies. It can tell us how we really feel and its symptoms and discomforts are dreamlike messages counseling us to make changes in our lives. How can we access that wisdom?

Via lecture and discussion, live demonstration, and guided exercise, you will learn:

- How to use your body to contact your inner teacher
- What your body is telling you about a current difficulty or problem you are facing
- How your mind, body, and night time dreams are inter-connected

**Bring your deepest, most urgent questions, and build a relationship with yourself and your body that fosters self-knowledge and self-acceptance.**



**David Bedrick, JD, Dipl. PW** • Teacher, counselor and attorney • Faculty of the Process Work Institute in Oregon, the International School of Process Work in Warsaw and spent 8 years on the faculty of the Univ. of Phoenix • Author of *Talking Back to Dr. Phil: Alternatives to Mainstream Psychology* • Expert on shame, diets and body image, diversity, dreams, and new paradigms in psychology • Writes for *Psychology Today* and *The Huffington Post* and counsels people internationally.

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

Proudly Presented by The Homeopathic Coach

\$40 pre-registered; \$45 at the door

Location: The Intuitive Well, 1/70 Bronte Rd, Bondi Junction, Sydney, NSW 2022  
Go to [www.thehomeopathiccoach.com/events](http://www.thehomeopathiccoach.com/events) for more details and registration