

MILK ~ Men Involved in Love and Kindness ~ Through Somatic Experiencing® (SE)

Enliven Your SensesⓈ

Make ConnectionsⓈ

Know Your Body's WisdomⓈ



Find Your ResilienceⓈ

Remember Your IntentionⓈ

Create Blissful AbundanceⓈ

"Laura Lee's excellent somatic experiencing exercises in setting boundaries was not only eye opening but truly uplifting and life changing! It created self awareness and opened doors to solving problems associated with these issues as well, in a safe and loving way!" ~ Penny Cohen, Speech Therapist, SLP

- Ⓢ MILK is a support group that helps men heal, grow and create...
- Ⓢ MILK includes Five Gatherings of Connection, Growth and Healing!
- Ⓢ MILK also includes Three Individual Somatic Experiencing Sessions!
- Ⓢ These gatherings will be held on alternating Sundays afternoons
- Ⓢ Your personal Somatic Experiencing sessions will be scheduled separately
- Ⓢ Are you a man who is dedicated to your personal growth and healing?
- Ⓢ Do you desire deeper, meaningful connections with other men and with yourself?
- Ⓢ Does your body and mind just want to relax but you don't know how to get there?

Somatic Experiencing helps you learn how to stay in the present, in your body, and manifest your desires! We will use techniques such as **resourcing**, where you will deeply connect with the sensations of your body; helping you to become consciously aware of your inner and outer resources that strengthen your health on all levels. We will also work with the highly activated energy that can sometimes become "frozen" in the nervous system.

While working with various boundary breaches, we will create a sense of safety, and the knowledge to edifying and foster your own personal boundaries. While we explore topics related to men's issues, we will work with image, behavior, affect (emotions) and meaning. Through this awareness, I will help you lessen the impact of emotional and physical traumas, and help your transition into what you want to experience, feel, attract and create in your life!

Ⓢ **Registration:** Please contact Laura Lee for registration and class topics

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