

LOVE INSPIRES PSYCHOTHERAPY

INTEGRATIVE MIND-BODY WELLNESS GROUP

**A Virtual Holistic Group Focused on Mind-Body
Healing and Nervous System Support.**

- **Nervous System Education** - Understand how stress and trauma live in the body
- **Somatic Therapy Practices** - Learn to listen to and regulate your body's signals
- **Mindfulness & DBT Skills** - Build tools for emotional regulation and balance
- **Nutrition & Mental Health** - Explore the food-mood connection
- **Sound Therapy** - Calm the mind and body through vibrational sound, tone, and rhythm
- **Movement for Healing** - Engage in gentle, trauma-informed movement practices

Take a step towards a healthier and more
balanced lifestyle.

Join us in discovering and practicing tools
to nurture our well-being and find inner
harmony.

Begins: August 25th 2025

Meeting Every Monday

5:00PM-6:00PM

Contact: 516.600.0440

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