

# TRAVELING

# mindfulness

WITH ELIZABETH WINKLER

Gather your tribe, invite your friends, or bring your kids— Elizabeth Winkler wants to come to you! Being a Los Angeles based psychotherapist, with an emphasis in mindfulness, Elizabeth wants to spread her love for mindfulness and the power of presence to you.

## Possible Topics Include—

- The Heart Surgery™ Process
- Mindfulness in the Classroom
- The Mindful Home
- Mindful Moms, Conscious Kids
- Mindfulness Coaching for Athletes
- Untethered Soul Group
- Being Fearless in the Face of Fear
- Mindful Untethering

*Navigating the divorce process*

## Possible Additions Include—

- Mindfulness Hike and Picnic
- Yoga by *Coconut Yoga*
- Catering by *Path & Provisions*
- Arts and Crafts for Kids
- Coffee & Conscious Conversations
- Transformative Retreats

## ABOUT ELIZABETH WINKLER

Elizabeth is a Licensed Marriage and Family Therapist who has been practicing in Beverly Hills, CA for the past 11 years. A few years ago, she started to incorporate mindfulness and meditation to help accelerate her clients' personal growth and expansion. Integrating mindfulness into the therapeutic process deepened her work exponentially and she quickly saw how effective this practice was for her clients. Elizabeth calls mindfulness the bullet train to freedom. Since then, she has brought her mindfulness teachings into classrooms, homes, to athletes across the county, mothers and children, and more.

# love it all

It is all here to purify and open us up. Let the world's troubles surround you like a cloak and the bright light of being can transform that pain and suffering to freedom and liberation. Every frustration, every heartbreak is a door into the infinite. Let it be that for you too. Resistance only imprisons the self and locks one to egoic chaos. Flow with whatever is and become a part of the symphony of life.



Please contact our team for more information and pricing.

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