



DANCE YOUR BLISS™

A Healing System to Change Your Life

Celebrate the joy of motion with master psychotherapist Rachel Fleischman.

A natural antidepressant, Rachel Fleischman's Dance Your Bliss workshop is a blend of juicy stretches, dance therapy, creativity, mindfulness, motion. Everyone can do it, regardless of skill, size, age. Give your body, mind, and spirit permission to de-stress for a retreat designed to help you learn how to release old energies stored in the body and rediscover how to live with more confidence, presence, and balance.



BOOST YOUR BRAIN



INCREASE ENERGY



GET HAPPIER



GET BODY CONFIDENT

"Dance Your Bliss is restorative, energizing, thought-provoking and Spirit-invoking. Rachel really brings her whole heart to class, and creates a safe space for sacred exploration. I was both emotionally and physically moved by my wonderful experience!"

- Kat



Throughout her career, **Rachel Fleischman, LCSW, REAT**, has pioneered a combination of traditional psychotherapy, movement, body awareness, and spirituality.

Embodying nearly two decades of expertise, Fleischman has been trained in several healing arts, including body-mind psychotherapy, somatic psychology, mindfulness, Hakomi, hypnotherapy, energy medicine, and expressive art therapy. From this work she has created the Dance Your Bliss™ method and the popular Being Bliss™ CDs.

For More Information



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