



Release & Empower workshops are a wonderful way to support your community and prevent or transform burnout. This self-healing in community model helps folks connect with themselves and each other in a genuine way, so the whole group can release stress, renew their sense of inner well-being and strength, and find balance together.

With writing, somatic release, deep relaxation, and meditation, this experiential workshop is a mini-retreat, with teaching on how participants can easily integrate mind-body healing tools into their daily lives for self-care.

Some feedback from past workshops:

“This workshop felt so safe and relaxing. I am walking away from this renewed in my self-confidence and clear on my next steps.”

“Julia is a highly skilled and embodied facilitator. I’ve worked with many different leaders over the years, and she is a master at what she does.”

“I feel so much more connected to the people here now. Everything feels easier, and I’m realizing we really are doing something meaningful.”

Depending on your needs, we can set up a 90 minute workshop, a half-day intensive, or a full day retreat. Ongoing facilitated groups and/or a training series for your own group leaders can also be designed for your community, if you’d like to continue the work together. Fill out this [contact form](#) to discuss options and plan your event.

*Julia Aziz, LCSW-S, OIM is a psychotherapist, group and retreat facilitator, and ceremonialist with over twenty-five years of experience facilitating groups, classes, and retreats. Learn more about her work at [juliaaziz.com](http://juliaaziz.com)*