

Mindfulness, Creative Movement, & Relationships

Free One Hour Zoom Seminar at 7:30 PM EST

Wed Feb 21, 2024 Mon Mar 25, 2024 Thurs Apr 18, 2024

Link to Zoom Meeting ID: [9172420544](https://zoom.us/j/9172420544) (No Password)

Experience a powerful state of tranquility, balance, & centering as Dr. Pat Webbink combines Guided Imagery & Music, Creative Movement, and Dance with her Theory of Relationships. She has authored 3 books on relationships, & a book on eye contact and intimacy, & all about eyes.

Dr. Pat is a licensed psychologist & acclaimed pioneer in the use of mindfulness, deep relaxation in psychotherapy. A multilingual world traveler, she combines 50 years of experience as a clinician with the practice of meditation in therapy.

She and her colleagues work with children, adolescents, couples, families, and groups.

Hear her recordings by clicking images below. Also available on CD or through Bandcamp.com



**Contact Dr. Pat Webbink
301-229-8000 or PatWebbink@aol.com**

DISCOUNTED BOOKS AVAILABLE THROUGH DR. WEBBINK

Click on images below

