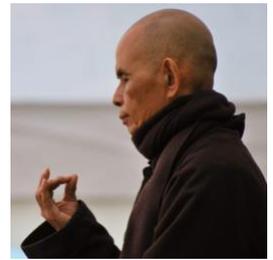




Mindfulness, Creative Movement, & Relationships



Free One-Hour Zoom Seminar at 7:30 PM EST
Tues Jan 6, Thur Feb 5, Tues Mar 3, Thur Apr 2, 2026
Link to Zoom Meeting ID: [9172420544](https://join.zoom.us/j/9172420544) (No Password)

Experience a powerful state of tranquility, balance, and mindfulness as Dr. Pat Webbink combines Guided Imagery and Music, Creative Movement, and Dance with her relationship wisdom. An author of four books, for the last 40 years she worked and studied with Thich Nhat Hanh.

Dr. Pat is a licensed psychologist and acclaimed pioneer in the use of imagery, music and relaxation techniques in psychotherapy. A multilingual world traveler, she combines 50 years of clinical psychology experience with the practice of mindfulness in therapy. She and her colleagues work with children, adolescents, couples, families, and groups.

Listen to recordings by clicking images below. Available on CD or Bandcamp.com

Thich Nhat Hanh's words are on her Mindfulness recording



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

DISCOUNTS AVAILABLE THROUGH DR. WEBBINK

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