

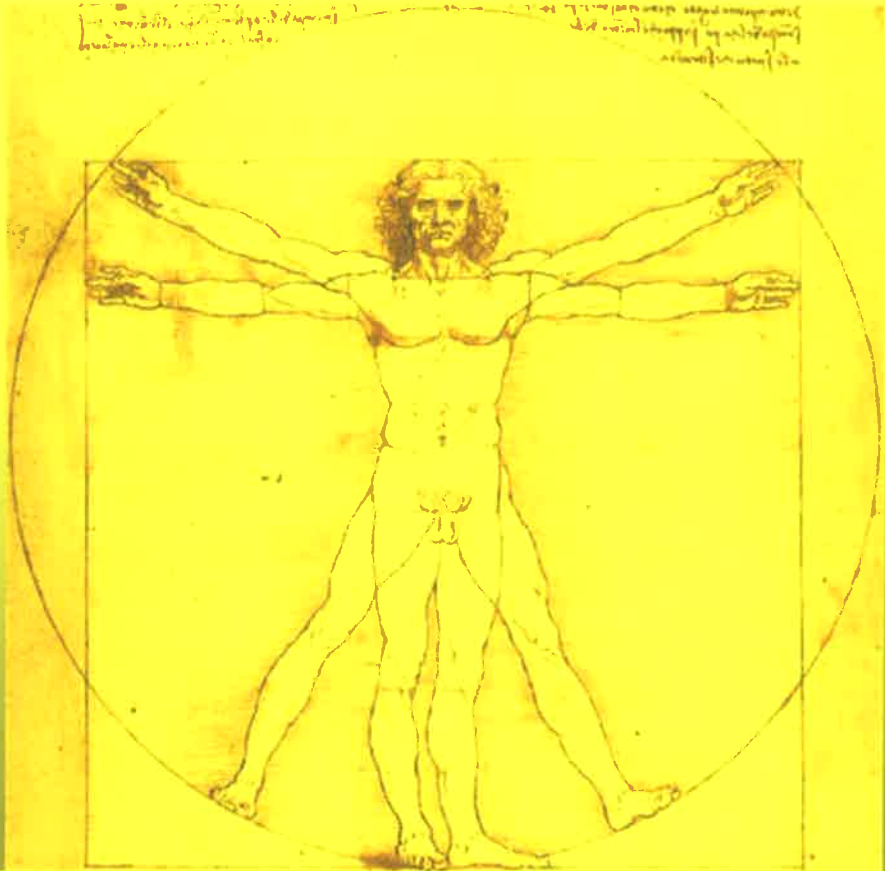
# BODYMINDMOVEMENT TRANSFORMATIVE INTEGRAL EMBODIMENT & COUNSELING

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Kate Jones is devoted to our current collective project of awakening within the body -- arriving to our authentic life founded in our embodied experience.

She brings her expertise in the fields of Dance, Movement Therapy, Integral, Energy & Massage Therapies, and counseling skills as a transformational life educator to every session.



## What is Transformative Integral Embodiment & Counseling

By, **Kate Jones**

Sensory Awareness refers to the life in the body; the life occurring through and with the body --- that is the territory of sensory awareness.

In the practice of bringing our awareness home to the body, we return to, what is often referred to as, our fundamental nature.

Our suffering grows when we live separated from our true nature --- from the ever-occurring experience of life in the body.  
BodyMindMovement is dedicated to educating and supporting engaged embodied awareness.

Client and practitioner work together to identify where the conflict & discomfort are supported by patterned behaviors & beliefs and how they are living in the body.

Working with massage therapy, postural education, body reading, inner body journeys, and empathic counseling we resolve conflict and set new intentions that support living the life we know we are born to.

As Jack Kornfield, renowned mindfulness teacher, says in his teachings about the "wise heart", that we are bigger than our pain, and that we can hold it and heal it.

Please contact Kate Jones for information about her work with Transformative Integral Embodiment.

She is happy to talk with you for a free phone consultation of 20 minutes.

Offices in San Francisco, San Mateo & Fresno, CA

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