

**Coming Home to Yourself  
A Three-Day Zoom Workshop**

**Stuart Alpert Psy.D., LCSW and Naomi Lubin-Alpert Psy.D., LMFT**

**Friday Jan. 6 through Sunday Jan. 8, 2023**

We will come together for three days of intense inner exploration, energizing our intent to be loving and compassionate for every part of ourselves. The workshop will support the creation of a deeper collective experience of mindfulness that will hold the work that each participant will do to develop greater self-acceptance and feel more personally empowered to deal with the internal and external stressors in our lives. We all seem to struggle between our need for safety and our desire to feel grounded, safe, and sane. We long for love and intimacy and for our desire to create meaning in our lives.

We can share our conflicts as the path to also deepen our connections with the other participants. Exploring how you are an ally or an adversary to yourself will be center stage. We will provide you the necessary tools whether you are seeking personal or professional growth or want to deepen your personal relationships. People from all walks of life are welcome to attend the workshop. Therapists and healers who attend will also come away with a deeper understanding of the transformational process for their clients.

Stuart and Naomi work with all physical, emotional and relationships issues. They are heartfelt and supportive and bring their insightful way of guiding people to the center of their experiences, helping participants feel more balanced and alive. Their work integrates many years of experience working with emotional and body processes, their understanding of the molecular structure of emotional issues and physical illness, their spiritual and mindfulness practices, along with the knowledge from their studies with Indigenous Healers.

Stuart and Naomi are two of the founding partners of **Hartford Family Institute and the co-creators of HFI Body Centered Psychotherapy**. The therapy is practiced and taught in West Hartford, CT., Kansas City, and New York City. They have led workshops and training programs throughout the U.S., Canada, and Europe. Stuart has authored, **What to Do Until Enlightenment, Healing Ourselves...Healing the Earth** and **Roads Back In Time, Seeing The Invisible...Healing The Impossible**. Both books can be purchased at HFI or from the HFI website.

**Fee:** \$450.00, Deposit: \$200.00. Call HFI for more info or to reserve your place in the workshop.  
**Cancellations:** Prior to Dec 1<sup>st</sup> we retain \$75.00. After Dec 1st you are responsible for the entire fee.

**CEU'S AVAILABLE**

**860-236-6009**

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