



LEARN TO DEEPLY RELATE, HOLD SACRED SPACE OF HEALING FOR OTHERS, AND RESOURCE

Group Witnessing Program

Join international Somatic Intelligence coach, TED Speaker, and the founder of the 5 Elements of Somatic Intelligence method - Chen Lizra - for a powerful online program of 'Witnessing' in a way that heals, grounds, leads, and resources.

This brand-new online program is designed to teach you how to engage with others (clients, team members, family members, employees, friends) in a process of profound healing, nervous system attunement, 'listening with your body,' and aligning yourself with the other's inner process.

Restore. Come back Home. Deeply Relate.



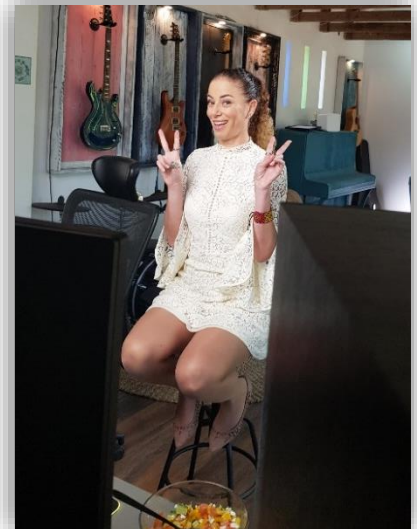
RESERVE YOUR SPOT TODAY!

Who is it for?

It is for change-makers, coaches, professionals, community leaders, and more, who wish to learn a process of deep healing of others, coming back home in a profound way to the self, developing deep relational capacity, and returning to our resonance with our higher self.

This is for you if you are change-maker wishing to:

- ✓ **Learn to develop inner spaciousness** – work on your own emotional spaciousness so you can hold emotional unconditional space for others, helping them regulate, process emotions, and land deeper into their body and feelings. Learn to be within the healing space of *not knowing* and to use your inner spaciousness for staying grounded when facing the emotional shakiness of others' trauma.
- ✓ **Develop your ability to feel and guide others** – learn how to feel into others through your body, simply feeling them without having to fix or change anything, or without being too active. Learn to sense what is there and what they might not be able to feel yet, while guiding them to meet it. As well as learn techniques on how to guide others through this deep intimate journey of reconnecting to and integrating back fragmented parts of themselves.
- ✓ **Help others separate their narrative from their feelings and sensations** – learn techniques for acknowledging what is there and what needs presencing, while paying attention and naming what is not being named. Learn to guide others on how to separate between their 'stories' and what is happening in their bodies, allowing for a deeper landing and coming back home.
- ✓ **Feel into their Somatic Imprint** – dive deeper into generational trauma and help them feel into what is getting activated in them from their past, what is theirs vs. what in them is someone else's feelings, for greater liberation, healing and bonding.



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About the Program

This powerful program is a transformative healing journey for yourself as well as for guiding others to healing and integration work.

For the first time I am teaching in this program the exact method I am using in my somatic coaching sessions where clients typically experience powerful shifts within 3-6 months.

Heal yourself. Heal others.

What's Included

- 8 weeks of weekly 1.5 hours online lessons.
- Lesson content - teaching, practicing, personal guiding by Chen Lizra, feedback, and Q&A.
- First program is limited to 21 participants.
- Weekly practice in small groups assigned based on your background.
- An extensive Q&A session.
- Weekly homework assignments.
- Access to a private group inside our Somatic Inner Circle for easy group communication and deep sharing.
- Access to lessons' replays for 1 year.

** Price upon request.

** Payment plan option is offered.



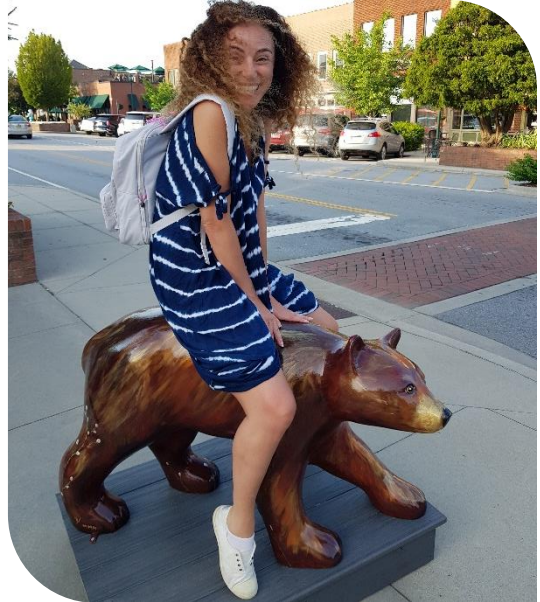
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About the Host

Hello gorgeous soul. I'll be your guide through this profound journey of coming back home to yourself and to your body – your primary home.

We will journey together through wisdoms and somatic practices that will open up space for healing, growth, deeply relating, and guiding others on their own healing journey.

In my own personal healing journey, I've discovered that my deepest healing came from my most difficult struggles: each teaching me how to go deeper within myself for the answers to my soul's burning questions. And one of the most impactful and rewarding journeys I have gone on has been the one of 'Witnessing.' Life has never been the same since!



My journey back home to myself has taught me how to trust myself, to trust my body, to come back home to myself profoundly, and inspires me to land deeper each day into meeting my own edge so I can guide others to healing, transformation, and breakthroughs. I typically deliver as a coach powerful results in 3-6 months. I am starting to teach others HOW-TO do it too.

It doesn't matter who you are, where you are from, how old you are... I can teach you this unique embodied wisdom that I've collected over a few decades from around the world.

Find the root cause and heal it at the core.

Guided Teaching



Practice



Q&A



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Testimonials

I arrived to the experience of witnessing with no prior knowledge of what it might entail, but with a desperate determination to change something in my life.

My primary difficulty has always been in the field of love and relationships. I grew up with a mother who was mentally ill and with a father who had wanted a son and was indifferent to my existence. The messages I received were that I had no worth, and that love means pain and rejection.

After 40 years of being emotionally caught up in it, I have been able to end the relationship where none of my needs were ever recognised or met, primarily because I did not think that I mattered. I am now, for the first time ever, feeling ready for and open to the possibility of a relationship based on love which is warm, and safe and mutual, where the entirety of me can be received and feel alive. I can say, without any doubt or reservation, that I would not have arrived at this place without Chen's help. My body feels free and, for the first time in 50 years or so, I felt like dancing. The joy of being alive is real and it is, now, mine.

— MANUELA - PSYCHOANALYST



"You want to be successful personally and professionally. Chen Lizra avoids the pitfalls of business skills and techniques and instead takes you to the heart of the matter: the human factor. Your relationship with yourself and your body, your relationships with others. The body, our primary home, is where we learn to love, trust, and act. Chen brings you home and restores connection. Then she unleashes your confidence, the bridge to relationships. Emboldened and unstoppable, you take off for your highest reach. Her approach is deceptively simple, like all allegories that touch on

archetypal stories. I attended Chen's workshop in New York, Odysseus came to mind, our quest for home and journey."

— ESTHER PEREL - PSYCHOLOGIST, AUTHOR, 2 X TED SPEAKER.

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Thank You Note from Chen



"My wish for you in this transformational group coaching program is to create the kind of space that will allow you to go deeper within, open your emotional capacity, meet your edge and go beyond it, heal yourself further, and learn to hold space for others to heal in a natural way.

I believe that whether you are leading a team, supporting others as a therapist, or simply wish to pass this wisdom on to your children, it is your birth right to know and live this embodied wisdom."

— CHEN LIZRA —

Restore connection to your birthright inner wisdom.



CONTACT

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