



# The Sacred Body:

## *What the Body Reveals About Personality, Spirituality, and Behavior*

Facilitators: Karyne B. Wilner, PSYD  
and  
Cris Jacobs, Holistic Life Coach at HFI

### **Agenda/Topics includes:**

- ***Spirituality, Personality, the Body, and How Deep Healing Occurs***
- ***Energy Blocks/Leaks and Their Meaning***
- ***Body Readings by Karyne; and Practice in Small Groups***

This workshop is a must for therapists, mental health professionals, educators, body workers, physicians and those wanting to attain a deeper understanding of others.

Bodies communicate. Every aspect of the body tells a story. You will discover what the body reveals about the higher self, personality traits, developmental wounds, and desires and needs. You will attain a deeper understanding of another by reading their posture, energy flow, gestures, kinesthetic movements, and facial expressions.



**Karyne**, who has over 40 years of therapy and training experience, is known for her work in the field of body psychotherapy and energy psychology. She has traveled widely, nationally and internationally, giving [lectures](#), [workshops](#), seminars, and teaching how the body communicates. She holds graduate degrees in clinical psychology, nonverbal communications, and humanistic education. Her work emphasizes learning how to read the body in order to create a healthy and fulfilling life and the need to open the heart and love fully without negativity and blame. Additionally, Karyne has written numerous articles on Somatics and Psychology, most recently publishing the book [Releasing Toxic Anger for Women](#).



**Cris**, a Holistic Life Coach for over 20 years, uses an eclectic approach to help people increase their awareness and shift their energy to make the changes they've always wanted. He has led group trainings in the Emotional Freedom Technique (EFT) and Core Energetics (Body-Centered Psychology); and also, he teaches meditation. Cris earned an Advanced Certificate as a Core Energetics Practitioner from the NYC Institute; and he has studied many years at the HFI Body-Centered Psychotherapy Program, studied 2 years at the Barbara Brennan School of Healing, and has trained in Reiki. Cris' traditional education includes a BA from Duke in psychology and economics; and an MBA from the Tuck School at Dartmouth.

**Saturday, March 15, 2025 – 9:30am to 5:00pm**

Hartford Family Institute, 17 South Highland Street, West Hartford, CT 06119

Early Bird \$199 by 2/28; \$250 after 2/28

**Call Cris Jacobs to register: (860) 559-5946**