

GROUP SOULWORK

Let the beauty we love be what we dare

INTRODUCTION TO GROUP SOULWORK

Sign up at annealftine.com



- Feel alive, awake, relaxed, and clear.
- Enjoy a practice that enlivens mindfulness.
- Regulate your nervous system.
- Reconnect to your heart and guidance.
- Become part of a community of SoulWork.
- Includes two individual sessions to personalize your experience.
- Starts April 5 (evening class) or April 6 (morning class). Six online classes over three months.



ANNE ALFTINE
Healing through Self discovery

ANNE ALFTINE From 2003 to today, I have engaged in personal work and spiritual practice using many modalities, including personal, couples, and family therapy; group and individual SoulWork; Internal Family Systems (IFS) training and practices; Nonviolent Communication (NVC) training and practice groups; mindfulness meditation training and practice; Sufi, Yogic, and Buddhist practices; breathwork; and Reiki trainings. I draw on a combination of tools from my experience and trainings to support your personal growth.



I am a retired physician who understands the stressors of the healthcare environment. I welcome and encourage people who work in healthcare to join me in this offering. You can find out more about me and my individual and group sessions at annealftine.com (use QR code above). Fill out the Contact form at my website to schedule a free 30-minute session.



ANNE ALFTINE

Healing through Self discovery

TESTIMONIALS FOR ANNE'S GROUP SOULWORK

"Anne's Group Soulwork facilitation is wonderful. She skillfully guides you through breathing practices that help you feel embodied and prepared for deeper inner work. She leads from a place of compassion and curiosity and creates a safe space to learn the tools needed to develop your connection to your own inner wisdom and guidance."

—K.B. • ASHLAND, OR • CHAPLAIN

"Anne is insightful and intuitive, and her work is grounded in solid experience of many modalities. I've found working with her very supportive, and she has guided me gently and compassionately to new insights. Her embodied SoulWork practices guided me powerfully and sensitively to new relationship with my body and all the parts of my being."

—JILANI CORDELIA • UK • MUSICIAN, LEADER, & MENTOR OF THE DANCES OF UNIVERSAL PEACE, GUIDE, & TEACHER IN THE SUFI RUHANIAT INTERNATIONAL

TESTIMONIALS FOR ANNE'S INDIVIDUAL SESSIONS

My work with Anne has been transformational. She is gentle and kind and always approaches each coaching session with curiosity and kind words to make all parts of me feel safe in the process. Through working with Anne, I am beginning to discover how multifaceted I am and how each of those facets plays a role in how I show up in the world. Giving voice to parts of me I have been ignoring for years allows me to be closer to my truer self. I can more easily tap into those pieces, especially when making decisions, and it has made me feel more peaceful in my daily life."

—MELISSA (SHE/HER) • DIRECTOR OF EQUITY & INCLUSION

"Anne has been a revolutionary voice for my self-care and mental health. Working with her has helped me come to terms with so many difficult aspects of my life and my journey to be my healthiest most authentic self. Her myriad skills coupled with her deep sense of compassion create a wonderful environment for the deeper aspects of self-reflection."

—R.O.