

# INTEGRATIVE ENERGY SKILLS WORKSHOP

Sunday, July 17th • 10am ~ 5pm

In our Introductory Workshop, a sanctuary of safety and an environment of growth is created. Interactive and non-threatening activities allow participants to deepen their understanding of themselves and their relationships with all the people they're connected to.

Bob Harris, M.A., and Catriona O'Curry, M.A. are BobCat Integrative Consulting, based in Tucson, AZ. Our mission is to facilitate individuals and couples to become aware of their own energy systems and defenses, bringing them into alignment with their larger human purpose. Additional workshops are offered in Tucson (please visit our website to learn more). To register for this workshop call Bob or email Catriona:



Workshop Location:  
Emerald City Clinic  
1409 N.W. 85th St. | Seattle  
Cost: \$150 per person  
Check-in time: 9:30am

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Items to Bring:  
Bag lunch, pillow, blanket

520-822-4982  
cat@sonoracohousing.com

Note: You must pre-register by  
July 15th in order to attend!

*"Once aware of emotional and energetic  
realms, learning becomes embodied knowing".*

*~ Bob & Catriona*

**bobcat**  
Integrative Consulting

BobCatIntegrativeConsulting.com