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SESSIONS


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Therapy

— WITH DR. GARY WOHLMAN —

ONLINE SESSIONS IN THE
CONVENIENCE OF YOUR
OWN HOME

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* I'm writing to offer support to good-hearted souls like you.

If your world's been rocked since 2020 anything like mine has, our individual and collective lives have been turned inside out, never to be the same again. We are all experiencing uncertainties, challenges and chaos - the likes of which we never imagined we'd have to face. For myself, it's no longer simple and easy for me to continue working with people face-to-face in the same physical location, as I've grown accustomed to throughout my entire life, up to now. What a different world we are living in!

Rather than fall into victim mentality, though, I'm choosing to explore how I can turn this crisis into opportunity, to **STEP UP** and overcome my resistance to navigating the online world that is actually opening doors for all of us – as we discover together creative, innovative ways of connecting with ourselves and others. To assist in moving beyond our outmoded ways of being, I'm

committed to providing tools for **AWAKENING UPGRADED VERSIONS OF OURSELVES** as we pioneer fresh pathways together, as we become the teachers and leaders of humanity we were meant to be.

In the spirit of embracing community, I'm now stepping out of playing small in my hermit-like cocoon I've been 'comfortably' attached to - for admittedly far longer than when this phenomenon altered our reality forever. Sound familiar?

Since the online world has opened up wonderful opportunities for all of us, I've created lots of on-line ZOOM meetings, facilitated Dancing Freedom movement meditation classes, led interactive webinars on "**Speaking from the Heart**", and provided numerous coaching, consulting and mentoring sessions with individuals and groups all over the world which was never possible before.

In light of offering support to people far and wide, I'm making available a wide variety of services - including **THERAPY & COUNSELLING**, individual and group **PRESENTATION COACHING** sessions and webinars, **DANCING FREEDOM** movement meditation classes, and **ASTROLOGY** readings.

To assist you in navigating through the chaos and uncertainty which is now part of all our everyday lives, I feel honoured to explore with you fresh possibilities of moving forward through this great unknown ~ to claim even greater certainty in embracing your most fulfilling life direction. I'd appreciate you contacting me so I can be there for you in this capacity, as we now have this unprecedented opportunity to create a new world together.

***“Fresh Stories, new Glories we Dance & Sing.
Yes, we are Remembering. Yes, we are Awakening.”***

Sending you blessings and fresh hope from near and far, wherever and however you ARTe...

Dr Gary

Why would I want to work with Dr Gary?

COMMENTS FROM CLIENTS*

1. “Gary is an adept therapist. In the shortest time I've ever experienced in any therapeutic or counselling modality, with his 5 decades of experience and expertise as a transformational body therapist, presentation coach and court jester, Gary has an ability to swiftly bring

me to the very source where I've been stuck, where I've holding on to past stories and self-talk, and other ways I've been playing it small and holding back my magic, magnificence and full self-expression”

2. Within minutes after a session with Gary begins, through his engaging, sensitive and playful manner, I feel **safe to release** stored physical, emotional and mental patterns that would take months with other skilled therapists. He has a unique gift of connecting with my conscious and unconscious minds simultaneously by speaking in **affirmations in rhyme**, like a combination of Dr Seuss and Monty Python, that transports me on a whimsical multi-sensory, body-centred journey and allows me to **re-set my self-talk** – to connect my head, my heart, my deep-seated wisdom and foundation at the base of my spine. Through working with him, I'm more able to trust my gut feelings, primal instincts and deepest intuition. I'm able to make decisions more easily and life choices that are in alignment with my most passionate purpose.”
3. “His guidance is superb. Dr Gary's articulate communication skills assist me to go within, self-reflect and discover my own strategies to open up new narratives and ways of thinking, speaking and taking action. Through my work with him, I'm **moving forward in my preferred, most fulfilling life direction** - with greater ease, grace and flow, trusting what I deeply know. He also offers tangible tools to practice between sessions, homework that ensures that the results we set in motion together last and grow”

*Names of clients withheld for confidentiality reasons

“At this precious challenging time we are all experiencing in our lives, we've all been thrust into a great unknown, as we've never experienced before. So many of us are feeling isolated, separate, alone, uncertain and confused as to what lies ahead. I am passionately committed to turning this crisis into an even greater opportunity for all of us.

In our work together, I will gently, sensitively and passionately guide you on a journey to navigate through these uncharted waters and move the grief, despair, sadness, fear, anger, rage, trauma and pain you've been storing in your body - once bound, now bound to release. As an archaeologist of the soul, I'll assist you to release layers of stored physical, emotional and creative energies buried in the landscape of your body, your chief instrument of communication. Together we'll liberate the sage and mage out of your cage, to open a new page and stage in your personal evolution.

With the abundance of creative tools I've developed to re-set your self-talk in your cellular memory, you'll feel nurtured, empowered and inspired to fully embody a new narrative ~ for you individually, and for our collective. You'll

*come away feeling safe to **show up, step up, and stand up** - with renewed clarity, ease and **JOY** - for all that matters to you - more than ever before."*

Honoured to serve you in this way, Dr Gary

