



WORKSHOPS

Mii amo

Who am I in Relationships

Presented by Gita Wagner

11:00 am – 12:30 pm
Mii amo Library

As deeply social beings, we are motivated by the joy and the need of human connection. *How* we relate and love expresses itself in individual and sometimes irrational ways. Understanding others' and even our own behavior and reactions is not easy. This class is a presentation of the classic attachment styles. To see and embrace how we function and how those close to us can open their door to more conscious and nourishing relationships.

ABOUT THE PRESENTER

Gita Wagner began studying body and energy work, ancient healing arts and meditation in the early 1980s. Her extensive studies led her to England, Africa, India and the United States. By the late 1980s, she was training in counseling, spiritual therapy, family dynamics and developmental psychology, and became a licensed massage practitioner and counselor. Gita has taught Holistic Massage Training and Body-Oriented Psychotherapy seminars in Cologne, Germany. She also co-developed and taught a seminar on Emotional Intelligence for Professionals at Daimler-Chrysler in Stuttgart, Germany. She currently resides in Sedona and is a lead therapist at Mii amo.