

NEW!



Join me in...

1) TRANSFORMING OUR YEAR [TOY]

in a process that re-frames 2020 and how we might step forward into this new year.

Each one-hour session--in person, or via Zoom--is a dynamic process that helps us hold and re-cognise dark and light, grief and hope. **Transforming Our Year** provides cognitive re-framing via sensory and symbolic processes and becomes a tool that can adapt and grow with you. It is open to anyone, any community, any practice.

A session may include some simple breath and bodywork. You may bring an A3 sheet of paper/artists' books, musical instruments, a journal for writing, and your favourite drawing implements *etcetera* to a Zoom session; materials provided if attending in person.

Sessions will be conducted from now and into the future as required. *Special offer throughout March* is \$AUS 100 per session. If you have been financially affected by the COVID or bushfires crises, please be in touch. A book-for-yourself; sponsor a friend-in-need arrangement is negotiable.

Zsuzsi Soboslay is a healer, bodywork and creative arts therapist who has nearly 30 years' experience as a practicing health professional and artist across disciplines. Her work is trauma-informed and embraces working with people of all ages and abilities.

TOY [*Transforming Our Year*] is also suitable for children, families and groups. Groups above a family of 3-4 will be charged at a rate to be negotiated.

2) DYNAMIC COUNSELLING AND BODYWORK THERAPY--in person, or via Zoom.

I have conducted online counselling and body/breathwork sessions since 2008. Distance work can be as clear and thorough as the work we do face-to-face—and of course, easier across distances.

In line with most counselling or physical therapy practices, charges are as follows:

1 hour session: \$AUS 160
90 minutes: \$AUS 200
2 hours: \$AUS 240

Times are available 'after hours' and can accommodate *international time differences*.

3) NEW! *GRIOT*: healing tales

A new take on an ancient healing modality.

I create a bespoke story/fable/meditation which will be sent to you via email. [This follows an initial, brief consultation.] Hard copies can be sent if requested. You can order an illustrated fable and you will be sent the original, following the scanned copy via email.

COST: \$AUS 160 per commission [pre-paid]
\$AUS 200-250 illustrated [depending on time, and materials]
Postage [as required]

4) Coming Soon: *Understanding the elements [Fire, Air, Earth, Water]— a workshop series scheduled for later in the year.*

I look forward to working with you, your families, and your communities

For our souls, our earth, and our children

Zsuzsi

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