

# BRIDE TO BE

## An 8-Week Group for Women Planning a Wedding / Commitment Ceremony

Saturday mornings 10 am – Noon  
Spring / Summer 2008



A wedding is a powerful rite of passage. Our culture tends to focus on the external event, often leaving brides on their own to manage the full range of feelings, both light and dark, that naturally accompany any transformation. This group is designed to:

- ❖ Give brides time out from the planning to re-connect with themselves
- ❖ Share and receive support in a safe, caring space with other brides-to-be
- ❖ Learn about rites of passage and how to align with the energy of transformation
- ❖ Practice mindfulness and body-centered techniques to cope with stress, and increase clarity, presence, and self-compassion



Group will take place at 3972 24<sup>th</sup> Street in Noe Valley  
Fee: \$ 50. / session    Sliding scale available  
Initial interview required

415.364.3034

Abbie Endres, MA, MFT (#43308) has a degree in Somatic Psychotherapy from the California Institute of Integral Studies. She works with individuals, couples, and groups in her Noe Valley practice, and is passionate about cultivating self-esteem, greater connection, and joy. Her counseling is influenced by mind/body and ritual practices from a breadth of modern and ancient traditions.

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