

The MotherWound



Have the traditions of mothering in your family sufficiently prepared you for creating a wholesome life? Join Mariah in this unique workshop for both men and women to explore the influence of your maternal heritage—mother, grandmother, great grandmother—as you honor the gifts and heal the wounds passed down by your ancestors.



Mariah Fenton Gladis, MSS, BCD

You will learn to:

- Discover your internal mother—what it is, and the impact it has on the quality of your relationship with yourself and with others
- Understand how to gain strength and inner security from self-mothering
- Expand the skills necessary to mother yourself if you didn't have a good role model
- Be an excellent caregiver to your family and friends and to yourself by developing a 'healthy parent' within

2011 Dates

July 24-July 29

Esalen Institute
Big Sur, CA

CEUs Available. Call or visit Web site for details.

Healing the body, mind, heart and soul

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