

The Next Step  
Institute

*Presents...*

# Step Into Your Power

Facilitated by:

Leonard Carr

(Clinical Psychologist)

&

Gina Holloway Mulder

(Voice Movement Therapist)



*Cultivating bodymind wellbeing and  
self-actualization  
one step at a time.*



thenextstep.com  
- website coming soon

Through The Next Step Institute  
**Leonard Carr** and  
**Gina Holloway Mulder** offer you  
the opportunity to learn a unique  
modality for personal  
transformation.

This groundbreaking bodymind  
approach integrates Appreciative  
Psychology and Voice Movement  
Therapy to empower you to  
manifest the life you want.

## You are invited to take the next step - A transformational 1-day program

We all get to a point in our life where we realize that things aren't moving, or that they aren't moving in the right direction. We feel overwhelmed and experience a 'block' - things just don't seem to be flowing. At this juncture we may try to push through. Only to realize a little while later that actually nothing has changed except that we are more frustrated than before. These 'blocks' we experience are the result of our habitual patterns of behavior and entrenched ways of thinking about things and about ourselves.

Integrating a wealth of experience in psychotherapy and in embodied creative therapy Leonard and Gina have developed a groundbreaking process that helps you to dissolve your blocks and to step into your power.

### Program Outcomes:

You bring your whole self, your blocks, your frustration, your fear, and an openness to see and experience things differently. We share The Next Step philosophy and take you through a process that will empower you to transform your life.

We will provide you with the opportunity to:

- Gain a deeper understanding of what is blocking you and how it got there.
- Understand your fear and your innate need

to protect yourself.

- Investigate how this manifests in, and affects your body and ability to express yourself.
- Find the space to breathe and open yourself to alternatives to habitual patterns and ways of thinking about yourself and your situation.
- Connect deeply to self, body and mind.
- Develop a greater awareness and understanding of self, personality and self-expression.
- Draw yourself closer to a sense of wholeness and to your own intrinsic wisdom.

Join us for this transformational process and change the trajectory of your life. Choose to feel empowered.

**Dates:** Sunday 16<sup>th</sup> July  
8:30 – 15:30

**Venue:** Dancemore Studio  
107 Van Buuren Road,  
Bedfordview

**RSVP:** Booking is essential  
[gina@voice360.co.za](mailto:gina@voice360.co.za)  
084 827 8481

**Cost:** R1600 p/p  
Claimable from your  
medical aid fund.