



Hosting Healing the Stories We Tell Ourselves with Mother Turtle in Your Community

* Non-Profits, schools and other organizations, please contact Mother Turtle directly at healingthestories@gmail.com

The Basics:

1. We discuss logistics, set a date and time, typically a Saturday or Sunday afternoon, for 3-4hrs.
2. You invite those in your community who would be interested in the workshop (friends, family, neighbors, co-workers, etc.). Some hosts choose to have a pot luck after the experience, making it an all around nourishing and fun affair. This is totally up to you. Info about the workshop can be found on the website: <https://www.mothersturtle.com/healing-the-stories>
3. Everyone Pre-registers via the website, where they can make a secure payment via Paypal. **Hosts come for free!** 5 paid participants is the minimum (in MA., other states may vary). The normal rate is \$95. per person for the 3-4hr session. Scholarship and work exchange are

offered for those who may otherwise not be able to come. If you have any financial concerns for your group, please get in touch to explore options.

4. A few days before we meet, I email everyone a couple details about what you will need to bring with you, and I prepare you a little for the experience.

5. The day comes and I guide the group on an enlightening journey, through various exercises, play, meditations, and other intentional activities.

*Privacy: I ask that the venue, be it a private home, community center, etc., have adequate privacy, so that everyone feels comfortable and free to speak. While we love the little one's and our furry four legged friends, this is a place where they can be distracting for others. This workshop is for women and men, ages 18+

Thank you for your interest in becoming an HTS Host. If you have any questions please don't hesitate to ask. I so look forward to bringing Healing the Stories to you and your community.

Be Well,
Marsia Harris/*Mother Turtle*



Workshop Description:

“Healing the Stories We Tell Ourselves with Mother Turtle” is a unique interactive personal enrichment experience that helps you to uncover and clear away the uncomfortable “stories” that are limiting your life experience. These limiting beliefs affect your daily life and the way you perceive, process, and interact with others. When these stories are left unattended, they can run amok, causing strained relationships, judgmental attitudes, anger, frustration, depression, addiction, low self esteem, dis-ease... Healing the Stories We Tell Ourselves is key to our living joyful, abundant and creative lives. This workshop provides an opportunity to lighten the load that you are carrying, and nourish those parts of yourself that have long been seeking renewal. Together, we create a comfortable space, where everyone is welcome to be themselves and dive in as deeply as they choose. You will be guided on a journey of self discovery, where you can explore your beliefs, and the many stories that you tell yourself because of them. We will laugh and

some may cry, but all will be encouraged to put down their heavy tales and begin living life with greater happiness, perspective and ease. By the end of the experience, participants feel lighter, empowered, and inspired. What you carry back into the world is more of your self, your own brilliance, love, clarity, and personal power! For more info about this workshop and Mother Turtle go to: <https://www.moverturtle.com/>



About the Facilitator:

Marsia Shuron Harris aka Mother Turtle, is an artist and the creator of Healing The Stories We Tell Ourselves With Mother Turtle. As a professional musician, Marsia has performed her original compositions for over 25 years. She is the author of the popular chant "Rise Up" featured

in the film, "Things We Don't Talk About - Women's Stories from the Red Tent," produced by ALisa Starkweather and filmmaker Isadora Leidenfrost. Her song "Red Tent Temple" was written for the film. Mother Turtles' voice is distinctive, often compared to Joan Armatrading, dark chocolate, and maple tree trunks! Her songs are rooted in personal growth, love, social consciousness, and a greater vision for the world as a whole. Marsia is passionate about music and she continues to write songs that move not only your hips, but your heart as well. In 2009 she created and began facilitating "Healing the Stories We Tell Ourselves," where she helps women and men uncover the limiting beliefs that are standing in the way of their happiness, success, and greatest desires. As a coach and facilitator, Marsia is funny, compassionate, and gifted with the ability to get you out of your head and into your heart. Using her voice as a tool for healing, she can lift you to great heights through her song, as well as take you to those deep places within that are seeking illumination. Mother Turtle is a wonderful guide for this interactive journey of self discovery, empowerment, and personal freedom.

Healing The Stories We Tell Ourselves with Mother Turtle

Contact Marsia Harris: healingthestories@gmail.com

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