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I'm writing this post to offer support to people out there.

If your world is anything like mine, I'm still dealing with the shock that our individual lives and collective world have suddenly turned irreversibly upside down. In my personal world, I can no longer see people face to face with my transformational body therapy or presentation coaching, as I've grown accustomed to for 50 years. What a different world we live in right now!

Rather than fall into victim mentality, though, I'm choosing to explore how I can turn this crisis into opportunity, to STEP UP and overcome my resistance to navigating the online world that is now opening doors for all of us – as we discover together creative, innovative ways of connecting with ourselves and others. To assist all of us in moving beyond our outmoded ways of being, I'm

committed to providing tools for **AWAKENING UPGRADED VERSIONS OF OURSELVES** as we pioneer fresh pathways together, as we become the teachers and leaders of humanity we were meant to be.

In the spirit of embracing community, I'm now stepping out of my hermit-like cocoon I've been comfortably isolated in for admittedly far longer than when this phenomenon altered our reality forever. Sound familiar?

Since the online world has just opened up wonderful opportunities for all of us, I've been on lots of Zoom on-line meetings, facilitated Dancing Freedom movement meditation classes, and led an interactive webinar as guest presenter for an international coaching organisation on "**Speaking from the Heart, Transforming your message with your BODY & VOICE**", which was beautifully received - with intimate, engaging one-on-one moments connecting individually and with the group of 100 participants that joined in.

In light of offering support to people far and wide, I'm making available a wide variety of services - including **THERAPY & COUNSELLING**, individual and group **PRESENTATION COACHING** sessions and webinars, **DANCING FREEDOM** movement meditation classes, and **ASTROLOGY** readings.

With the extra time you now have in isolation and having to being at home yourself, I'd feel honoured to explore with you fresh possibilities of moving forward through this great unknown in your preferred life direction. I'd appreciate your contacting me so I can assist you in this capacity, as we now have this opportunity to create a new world together.

Sending you blessings and fresh hope from near and far, wherever and however you are...

Dr Gary

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### **Why would I want to work with Dr Gary?**

#### **COMMENTS FROM CLIENTS\***

1. Gary is an adept therapist. In the shortest time I've ever experienced in any therapeutic or counselling modality, with his 5 decades of experience and expertise as a transformational body therapist, presentation coach and court jester, Gary has an ability to **swiftly bring**

**me to the very source** where I've been stuck, where I've holding on to past stories and self-talk, and other ways I've been playing it small and holding back my magic and magnificence.

2. Within minutes after a session with Gary begins, through his engaging, sensitive and playful manner, I feel **safe to release** stored physical, emotional and mental patterns that would take months with other skilled therapists. He has a unique gift of connecting with my conscious and unconscious minds simultaneously by speaking in **affirmations in rhyme**, like a combination of Dr Seuss and Monty Python, that transports me on a whimsical multi-sensory, body-centred journey and allows me to **re-set my self-talk** – to connect my head, my heart, my deep-seated wisdom and foundation at the base of my spine. Through working with him, I'm more able to trust my gut feelings, primal instincts and deepest intuition. I'm able to make decisions more easily and life choices that are in alignment with my most passionate purpose.
3. His guidance is superb. Dr Gary's articulate communication skills assist me to go within, self-reflect and discover my own strategies to open up new narratives and ways of thinking, speaking and taking action. Through my work with him, I'm **moving forward in my preferred life direction** with greater ease, grace and flow. He also offers tangible tools to practice between sessions, homework that ensures that the results we set in motion together grow and last.

*“At this precious challenging time we are all experiencing in our lives, we've all been suddenly thrust into a great unknown like the world has never known before. So many of us are feeling isolated, alone, uncertain as to what lies ahead. I am passionately committed to turning this crisis into a greater opportunity for all of us.*

*In our work together, I will gently and sensitively guide you on a journey to navigate through these uncharted waters and move the grief, fear, anger and rage you've been storing in your body ~ to express these stored energies out of your cage, to open a new page in your personal history through re-setting your self-talk. This will empower you to open up to a new stage, a new narrative for you individually and for our collective. I'll be assisting you to **SHOW UP, STEP UP & STAND UP** so you move forward with fresh energy, clarity and joy in a renewing life direction”.*

Dr Gary Wohlman

\* Please note: Names of clients withheld for confidentiality reasons

