

ONSITE IS GOING DIGITAL!

This is truly an unprecedented time in history.

It is a time that is calling all of us up to our **strongest, most resilient** self. During this time when folks might need it most, Onsite has made the difficult decision to postpone our short-term group workshops and some of our intensives for the near future.

Having said that, we so strongly believe in the need, that we are committed to bringing these healing workshops and/or intensives to life in a new and different way.

The truth is, we are all in need of extra care and support.

Our team has worked around the clock to develop offerings that we believe will allow you to immerse yourself in a deep therapeutic process and community, **right from your home.**

Our [Admissions Team](#) can provide you the details surrounding these new offerings.

Online Intensives

Starting **next week** we're expanding our Intensive offerings to now include an online, individualized and customizable experience for individuals and couples. You will be paired with one of Onsite's world-class guides who will lead you through two-days of experiential therapeutic work.

An Online Intensive Can Help You

- Help you identify and address roots associated with heightened anxiety in this season
- Develop tools to reconnect with the body, self, and others
- Discover barriers to intimacy
- Learn essential relational skills
- Discover how to manage conflict
- Learn to model healthy relationships

Online Workshops

Onsite is taking another step to bring you our most popular group workshops in a 4-day online format **starting in April!** With many of the same elements of our on-campus experience, participants of our online communities will participate in morning meditations, daily lectures, deep therapeutic experiential group work, and healing.

An Online Workshop Can Help You

- Identify trauma sources and understand how they imprint current decisions
- Understand how and what we use to medicate ourselves and how those can block true connection with self and others
- Address codependency, dysfunctional relationships, anxiety, depression, burnout, and more
- Explore unresolved trauma, pain, and shame
- Learn skills to foster stronger intimacy and connection

MON		TUE		WED		THU		FRI	
Mar 30	31			Apr 1	2			3	
Online Intensive				Online Intensive					
6	7	8	9	10					
Online Intensive		Online Intensive		Online Intensive					
Living Centered Program									
13	14	15	16	17					
Online Intensive		Online Intensive		Online Intensive					
Healthy Sexuality & Intimacy Program									
20	21	22	23	24					
Online Intensive		Online Intensive		Online Intensive					
Living Centered Program									
27	28	29	30	May 1					
Online Intensive		Online Intensive		Online Intensive					
Healing Trauma Program									

Call Onsite's Admissions Team to Sign Up Today
office: 1.800.341.7432
web: onsiteworkshops.com

We can't wait to connect with you in these new and innovative ways!

If you're curious how you can take advantage of this season of social distancing and fear to further strengthen your emotional health and well-being, [reach out to our Admissions Team](#) for the details about these new online offerings.

Call the Onsite Admissions Team: 1-800-341-7432

or

[Connect with the Onsite Admission Team Online](#)

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