Beyond the Busy Mind

Do you want to feel more grounded, focused and at peace? Do you want to easily roll with whatever comes your way?

Dr. Emily Colwell

Join Dr. Emily Colwell for her upcoming series of online classes starting April 23rd and discover simple ways to create more of what you want in your life!

Can an overly busy mind be a gift? What about relentless worry? Or a repeated focus on what we don't want?

What if it turns out they offer us a gateway into a new experience with the very parts of ourselves that we were convinced needed to be fought against or fixed?

See below for more information and to register-->