

RECONNECT WITH THE JOY AND PLEASURE WITHIN



A Pathwork workshop

Led by Courtney Connolly and
Katherine Eyre

Date/time: January 31, 2026, 11am – 2:30pm, US Pacific Time

Location: Online via Zoom

Cost: \$30

This half-day experiential workshop invites you to explore and soften the inner barriers that block the natural flow of joy and pleasure within you. Drawing from the Pathwork teachings, we will explore how divine life energy expresses itself through pleasure, creativity, and aliveness—and how fear, guilt, and control restrict that flow.

We will be working with Pathwork Lectures [#238 – The Pulse of Life on All Levels of Manifestation](#); and [#177 – Pleasure, the Full Pulsation of Life](#).

Through guided meditation, somatic awareness, and reflective journaling, you'll gently reconnect with and expand your body's wisdom. Rediscover the innocent pulse of joy that is your birthright. This is a space for deep inner work, compassion, (and dare we say it?) fun in the awakening of the pleasure that unites spirit and matter.



To sign up or for more info,
please call or email

Courtney:

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Katherine and Courtney are Pathwork apprentice
helpers with Pathwork of California.