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# BODY/BRAIN THERAPY GROUP

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FACILITATED BY  
NATHANIEL LUKAS REDEKOPP, LMHC

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IN THIS GROUP, WE FOCUS ON FACILITATING  
BRAIN CHANGE & STRENGTHENING  
MIND/BODY CONNECTION THROUGH BODY-  
BASED MINDFULNESS PRACTICES.

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EVERY TUESDAY  
FROM 1-2PM

THE COUNSELING CENTER  
1900 E. 10TH STREET  
ALAMOGORDO, NM 88310

(575) 488-2500  
[WWW.TCC-NM.ORG](http://WWW.TCC-NM.ORG)



\*\*Body/Brain Therapy Group is an excellent compliment to  
Mindfulness Toolbox Therapy Group\*\*