

Rachel Fleischman

MEDIA KIT BOOKLET

Hello Dear Ones

It is my deepest wish that you feel a deep sense of belonging, joy, and aliveness.



Rachel's Mission

I've taught at psychiatric hospitals, luxury destination spas, universities, retreat centers, suicide prevention fundraisers and psychology trainings. People want to feel whole, expressive and alive again. And I know that desire all too well.

I can help you get your life-force back. I've helped people who have felt disconnected from their bodies their whole lives. It is a privilege to witness someone's life changing.

As a young person, I often found myself being called upon to help others who were having difficulty coping with life situations. I had this ability to really "get" them and wanted desperately to learn more about how we process emotions, deal with adversity, and thrive.

I devoured every book I could find on psychology, the human experience, and resilience.

Today, my job is to help you experience and process the challenges of life in a way that ultimately empowers you. I'm honored that people come to me for support.

I am passionate about helping people feel understood, confront challenges, and make fantastic shifts in their lives. You really can change. Let's get to work!



Renowned Psychotherapist.
Body-Mind Empowerment Expert.
Expressive Art Therapist.
Dynamic Workshop Leader.
Dance Facilitator.
Dance Your Bliss Creator.

About Rachel



Rachel Fleischman, LCSW, REAT, is a highly-skilled psychotherapist, educator, speaker, writer and and dynamic workshop leader.

Throughout her career, she has pioneered the combination of traditional psychology with movement, body awareness, expressive arts, and spirituality.

Embodying nearly two decades of expertise, Fleischman has been trained in several healing arts, including body-mind psychotherapy, somatic psychology, mindfulness, Hakomi, hypnotherapy, energy medicine, and expressive art therapy. From this work, she has created the Dance Your Bliss™ method and the popular Being Bliss™ meditation CDs.

Fleischman maintains a private counseling practice in San Francisco called Bliss Counseling.

May you be *happy*
May you be *peaceful*
May you be *healthy*
May you *live with ease*

xoxo Rachel





Dance Your Bliss is a therapeutic system bridging brain-science with dance, meditation, writing, art-making, poetry, play and life-affirming exercises.

Learn powerful techniques to access the healing, wisdom, power, beauty and wonder that can be found in the body.



You may access:

- Pleasure
- Courage and optimism
- Hope and connection
- Improved body image
- Physical strength
- Healthier joints
- Improved sleep
- Mindful awareness

You have gifts. My system opens you up to your gifts. Come join me.



DANCE YOUR BLISS™

A Healing System to Change Your Life

Celebrate the joy of motion with master psychotherapist Rachel Fleischman.

A natural antidepressant, Rachel Fleischman's Dance Your Bliss workshop is a blend of juicy stretches, dance therapy, creativity, mindfulness, motion. Everyone can do it, regardless of skill, size, age. Give your body, mind, and spirit permission to de-stress for a retreat designed to help you learn how to release old energies stored in the body and rediscover how to live with more confidence, presence, and balance.



BOOST YOUR BRAIN



INCREASE ENERGY



GET HAPPIER



GET BODY CONFIDENT

"Dance Your Bliss is restorative, energizing, thought-provoking and Spirit-invoking. Rachel really brings her whole heart to class, and creates a safe space for sacred exploration. I was both emotionally and physically moved by my wonderful experience!"

- Kat



Throughout her career, **Rachel Fleischman, LCSW, REAT**, has pioneered a combination of traditional psychotherapy, movement, body awareness, and spirituality.

Embodying nearly two decades of expertise, Fleischman has been trained in several healing arts, including body-mind psychotherapy, somatic psychology, mindfulness, Hakomi, hypnotherapy, energy medicine, and expressive art therapy. From this work she has created the Dance Your Bliss™ method and the popular Being Bliss™ CDs.

For More Information



danceyourbliss.com



dancingyourbliss@gmail.com



Rachel's Workshops

DANCE YOUR BLISS™

A Healing System to Change Your Life

Ignite your passion and live bolder, love deeper, and experience new levels of authenticity and joy with psychotherapist and movement teacher Rachel Fleischman, founder of Dance Your Bliss™. Through transformative activities, dance, and artwork, you will experience a therapeutic system that bridges brain science with dance, meditation, writing, art, play, and life-affirming exercises.

THE SIMPLE SEVEN™

Secrets for Health & Happiness That Everyone Over 40 Should Know!

Join licensed psychotherapist, author, and wellness expert Rachel Fleischman, LCSW, REAT, to discover the Simple Seven—a set of scientifically-backed secrets for achieving health and happiness. Learn simple but powerful ways to boost energy, shed pounds, sleep better, and dream bigger. This is a must for anyone who has felt stressed and strained and is ready to feel fully alive again.

LIVING YOUR BLISS

Dancespiration for a Life of Purpose & Passion

What inspires you? What fills you with curiosity and joy? Connect with your heart's-desire through movement, guided meditation, breathing techniques, writing prompts, and wisdom. Improve your health and well-being with licensed psychotherapist, author and wellness expert, Rachel Fleischman. This healing journey buoys us with guidance that we can call on time and again. Don't miss out on this opportunity to connect with yourself and see positive life changes. This workshop is designed to increase relaxation, lower blood pressure, and promote inner peace. Come ready to be inspired!

BLISSSED OUT

Guided Imagery & Hypnosis to Improve Sleep and Relaxation

Don't let sleeplessness control your life any longer. Relax your body, mind, and spirit with Hypnotic Guided Imagery! Join licensed psychotherapist, author and wellness expert, Rachel Fleischman for a workshop designed to help you tap into your inner strength, bliss out, and redefine your relationship with restful sleep. With the skills and knowledge gained in this workshop, you can finally reclaim that essential part of life that is often taken for granted - beauty sleep.



DANCE YOUR BLISS™

A Healing System to Change Your Life

SHORT DESCRIPTION

Give your body, mind, and spirit permission to de-stress for a weekend designed to help you move out of your head and into your body to heal. Join *Dance Your Bliss™* founder, Rachel Fleischman for a retreat designed to help you learn how to release old energies stored in the body and rediscover how to live with more confidence, presence, and balance.

WORKSHOP DESCRIPTION

Dance can be more than just great physical exercise. As you move to the music, it frees your mind and spirit, helping you access untreated emotional pain that is carried in the body and can manifest as problems at work, in relationships, and your health.

Ignite your passion and live bolder, love deeper, and experience new levels of authenticity and joy with psychotherapist and movement teacher Rachel Fleischman, founder of *Dance Your Bliss™*. In this inspiring, deeply restorative, and laughter-filled retreat, you will release old energies stored in the body and rediscover your creative genius.

Through transformative activities, dance, and artwork, you will experience a therapeutic system that bridges positive psychology with dance, meditation, writing, art, play, and life-affirming exercises. Ignite your passion, live bolder, love deeper, and experience new levels of authenticity and joy.

As you create bliss through movement and mindful activities, you will:

- Rejuvenate your creative spirit through dance
- Experience the joy and freedom of artistic expression
- Dance, draw, write, express and share in a safe, supportive environment
- Enjoy an elevated sense of connection with your body

You'll take home a new sense of love, appreciation, and confidence with your body and your creative genius!

This retreat is appropriate for all levels, all ages, all genders, all sizes. All are welcome. No dance or artistic experience required.

THE FOUR TENETS OF



When we incorporate these four basic elements into our lives, we can achieve more balance and health.

MINDFULNESS

Take a moment to slow down, take in your 3-biggest breaths of the day, and stop fidgeting. This can help us work on being in awareness.

MOTION

Remember to move your body every day. Find a physical activity that you enjoy. Not everyone loves to dance. And that is ok.

CONNECTION

Spend more time around people and animals each day. We have within us a hunger for connection. When we nourish that, we can be well again.

CREATIVITY

I believe we are all creative geniuses. We just need the chance and comfort to shine. When we follow our bliss and stoke the creative fire I believe we all have, anything is possible!



THE SIMPLE SEVEN™

Secrets for Health & Happiness That Everyone Over 40 Should Know!

SHORT DESCRIPTION

Want to know the secret to looking younger, feeling healthier, and living with more joy, and passion? Join licensed psychotherapist, author, and wellness expert Rachel Fleischman, LCSW, REAT, to discover the Simple Seven—a set of scientifically-backed secrets for achieving health and happiness. You'll learn simple but powerful ways to boost your energy, shed pounds, sleep better, and dream bigger. This class is a must for anyone who has felt stressed and strained and is ready to feel fully alive again.

WORKSHOP DESCRIPTION

Are you over 40 and looking to find better health and happiness? Look no further! There are powerful tools available to help you get the life you've always wanted—and they don't take a whole lot of effort! Licensed psychotherapist Rachel Fleischman, LCSW, REAT has combined research-backed strategies, natural remedies, and her signature warm guidance to bring you *The Simple Seven*™.

At this fun and lively workshop, Rachel will share her Simple Seven – seven powerful tools that can be used immediately to improve overall health – physical, mental and emotional. These easy to learn techniques include mindful eating habits, meditation techniques, stress reduction techniques, and more – all aimed at helping you shed pounds, boost energy, and sleep deeper.

You'll also receive useful handouts along with plenty of time to ask questions and learn from Rachel's warm, guiding teaching style. Plus, this is a great opportunity for over 40s to make meaningful connections with like-minded individuals who are looking to take control of their well-being.

The Simple Seven™ promises to give you the confidence to run towards your goals with a newfound zest for life. Don't miss out on this opportunity to transform your life today!

This retreat is appropriate for those over 40, all levels, all genders, all sizes. All are welcome.

A woman with long brown hair, wearing a blue tank top and blue leggings with cutouts, is performing a yoga pose on a grassy field. She is standing on her right leg, with her left leg bent and foot resting on her right knee. Her arms are extended upwards and outwards, with her hands open. She has a joyful expression on her face. The background is a lush green field with trees in the distance.

When we move
with *authenticity*
we can discover
and re-cover our
inner dancer and
creative genius.

RACHEL FLEISCHMAN

LIVING YOUR BLISS

Dancespiration for a Life of Purpose & Passion

SHORT DESCRIPTION

What inspires you? What fills you with curiosity and joy? Connect with your heart's-desire through movement, guided meditation, breathing techniques, writing prompts, and wisdom. Improve your health and well-being with licensed psychotherapist, author and wellness expert, Rachel Fleischman. This healing journey buoys us with guidance that we can call on time and again. Don't miss out on this opportunity to connect with yourself and see positive life changes. This workshop is designed to increase relaxation, lower blood pressure, and promote inner peace. Come ready to be inspired!

WORKSHOP DESCRIPTION

Get ready to transform your health, well-being, and relaxation with the *Bliss Breath Breathing Technique*! A mindfulness-based meditation that combines ancient wisdom and scientifically-backed techniques. This simple and restorative process is a surprisingly easy yet deeply effective way to increase relaxation, improve sleep, deepen creative expression, lower blood pressure, and improve over-all health and well-being.

Join licensed psychotherapist, author and wellness expert, Rachel Fleischman for this life-changing workshop and learn how the *Bliss Breath* can help you achieve total relaxation and optimal health.

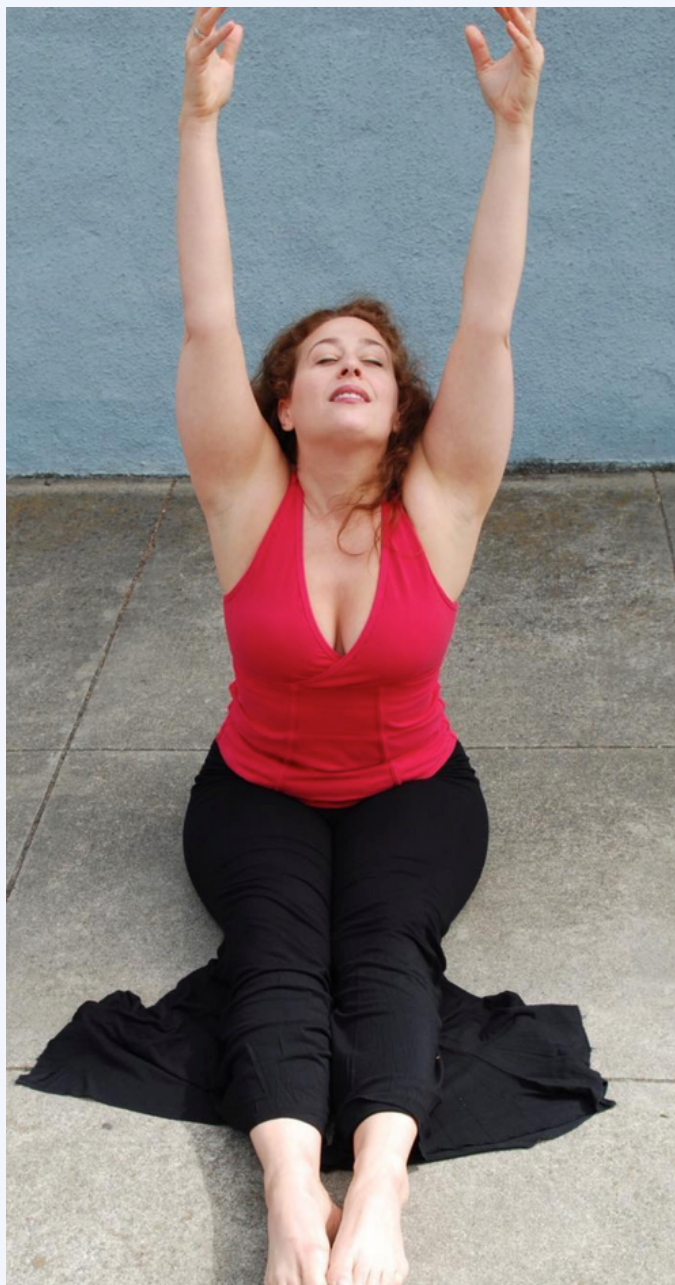
Journals will be provided so you can take your newfound knowledge home with you - perfect for singles or couples who want to rekindle intimacy and deepen connection. Don't miss out on this amazing opportunity!

This retreat is appropriate for all levels, all ages, all genders, all sizes. All are welcome.

A Fabulous Stretch

HEAD N' NECK RELEASE

Our bodies are resilient but can easily become tense and tight from daily stressors. The neck is particularly vulnerable to this, as it serves as a bridge between the head and heart. Taking time out each day to practice basic stretches, breath control, and being mindful of how we carry ourselves helps to keep us connected to our bodies, minds, and emotions. So, take a few moments today to reach out and touch the sky - you'll be happy you did!



1. Take a moment and open your mouth and release your jaw; move it from side to side, let the mouth hang open, relax the face.
2. Let your eyes soften, and let the head roll slowly, effortlessly.
3. Think of your neck like a turtle's. The head needs to just rest on the neck, easily, with no jutting forward or back. As you make circles with the head let the jaw be completely slack. Notice how great it feels to move in this way. If it doesn't feel great, tweak the stretch, shift it, make it yours, but always be gentle and kind as you move your head.
4. Now exaggerate the jaw; loosen it, make silly faces, yawn, stick your tongue out.
5. Find a partner and out-silly one another. Your face, neck, and jaw will thank you for it.

BLISSSED OUT

Guided Imagery & Hypnosis to Improve Sleep and Relaxation

SHORT DESCRIPTION

Don't let sleeplessness control your life any longer. Relax your body, mind, and spirit with Hypnotic Guided Imagery! Join licensed psychotherapist, author and wellness expert, Rachel Fleischman for a workshop designed to help you tap into your inner strength, bliss out, and redefine your relationship with restful sleep. With the skills and knowledge gained in this workshop, you can finally reclaim that essential part of life that is often taken for granted - beauty sleep.

WORKSHOP DESCRIPTION

Are you struggling to get a good night's sleep? You're not alone – about 70% of Americans report having issues with sleep. Join licensed psychotherapist, author and wellness expert, Rachel Fleischman for a workshop designed to help you relax your body, mind, and spirit with Hypnotic Guided Imagery.

Hypnotic guided imagery is a powerful tool that can help you turn off stress and get better sleep each night. This technique works by relaxing the entire body while providing a comforting environment that facilitates self-healing. As you keep listening, the underlying causes of stress start to be revealed, allowing you to reprogram your thought patterns to create healthier thoughts and emotions. Through this therapeutic process, you can achieve lasting effects and finally start getting the blissful slumber your body deserves.

Don't miss out on this opportunity to experience Hypnotic Guided Imagery and unlock the power of emotional intelligence for yourself. Take the first steps towards better sleep today!

This retreat is appropriate for all levels, all ages, all genders, all sizes. All are welcome.

Praise for Rachel's Work



"Every now and then I'll hear about a teacher from students whose work seems particularly moving and powerful. Rachel Fleischman is one of those teachers."

– **ELIZABETH LESSER**

Omega Institute Co-Founder & Bestselling Author of *Broken Open*

"While amazingly skilled and deeply grounded in many techniques and therapeutic modalities—it's Rachel's authentic presence that gives her work such power."

– **JULIE FLANDERS**

Hypnotherapist & Creativity Coach



"Thank goodness, or goddess, for Rachel's Dance Your Bliss! A joy-filled and fun dance and a chance for self-expression. I always feel nourished, nurtured, and enlivened after her class."

– **ANNE PERKINS**

Acupuncturist & Dancer

"Rachel is positive and accepting of anything that works for you! She incorporates creativity and movement to verbally express what you are feeling. I recommend this class highly!"

– **LISA BOTWINICK**

Certified Professional Coach



Features & Appearances



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Articles & Publications

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Psychology Today



ELEPHANTJOURNAL.COM

Dancing with your Demon. | elephant journal

Their asses seem to me to be tiny temples of perfection, whereas my ass is th...

Rachel Fleischman is dedicated to helping others live their most vibrant lives. Through her work, Rachel strives to empower those around her to move out of their heads and into their bodies to heal.

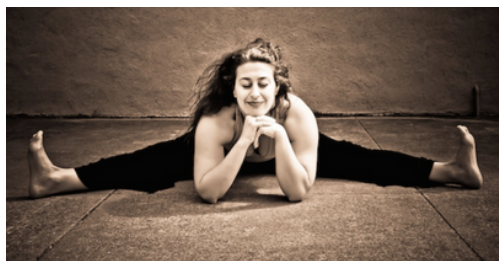


ELEPHANTJOURNAL.COM

Open Secret: We're all just Bozos on the Bus. | elephant journal

We're all bozos on the bus, So we might as well sit back And enjoy the ride...

Her comprehensive approach has been documented in various magazines and websites, such as *Elephant Journal*, *First for Women* magazine, *PsychologyToday.com*, *Mind Body Green*, *Good Therapy*, and other psychological journals.



PSYCHOLOGYTODAY.COM

Top 10 Ways to Banish Depression Now

Banish your depression now.

BRITISH
COLUMBIA
MAGAZINE®

Spirit of
Women®

GoodTherapy.org®

Helping people find therapists. Advocating for ethical therapy.

Contact Rachel



Let's Dance!

For Dance Your Bliss inquiries or to book Rachel Fleischman for an in-person workshops.



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