



an introduction to the art of being present

Facilitator:
JANICE ROUS



The founder of BODY DIALOGUE. She created this technique over 25 years ago, but it is more important now than ever before. Drawing on the alexander technique, yoga, visualization and breathing coordination, it teaches you to drop in and be present in a world of speed, complexity and distraction. It is practical and user friendly. Her site has a podcast and videos that

Center for Social Innovation
Wed., January 8, 2014 • 2pm - 5pm

The new year is often a time of resolutions . . . we tell ourselves we will do better this year. What if this year you tried a new approach?

What if this year we listen for what we love? What if this year we listen to our bodies? What do you love doing and how do you like feeling?

Lets examine that together and then drop into a practice that allows us to enter a heart space where we learn to cooperate with ourselves to have a daily life that feels really good to us?

Hosted by: Nancy Fritsche Eagan www.peoplepotential.org
REGISTER ON EVENTBRITE: \$20 or at the door