



Presence

Compassion

Play

Movement

Flow

Tools to

'Unhook the Past'



www.RhondaMills.com

314.704.8456

Improv & Stories Playshop



*"And Playing with their Stories Shall
Set Them Free."*

WHEN: Saturday, March 31st 2012

2:30 – 5:30 pm

WHERE: Big Bend Yoga Center,

www.bigbendyoga.com

WHO: People who have attended at least one Learning Playshop and / or private coaching with me.

WHAT: The focus is to hone and easefully deepen life skills through body-centered awareness and expression techniques to enhance joyful living, and conscious relationships.

We will practice and play with skills you've already learned as well as learn new skills centered upon the Four Pillars of Integrity, developed by the Hendricks Institute. These include:

- Emotional literacy
- Authentic Speaking and Resonant Listening
- 100% Responsibility
- Impeccable Agreements

Are you willing for your learning to be easeful, starting NOW, and P L A Y - f u l l ?

HOW MUCH: \$50 per person; or \$40 if rec'd by 3/17/12

REGISTRATION: (314) 704-8456,
rhondaloveslife@gmail.com

Wear comfortable clothing, bring something to take notes with, and bring yourself with an openness to learn in the easiest, friendliest way, to laugh and to play.