

Shadow and Substance

Date:

A one day workshop designed to get you in touch with the material contained in your Shadow Side (Jung proposed this concept.) We will also look at how this idea fits in with existentialist thought, and the concept of angst.



The Shadow contains everything about yourself that you have been persuaded (by parents, society, "the rules") to repress. We spend a great deal of our energy holding this material down, fearful of what others would think, were we to "let it out." The more we fight the Shadow, the deader we become, due to the "stealing" of our own energy.

Much of the material contained in the Shadow is dynamic and necessary for our health and well-being. It got jammed into the Shadow because someone, some time, didn't approve, and told us to "behave."

We'll look inside, find our energy, learn to direct our energy and learn to release Shadow material safely and gently. In this process, we will regain the energy we've been using to keep ourselves in check.

Using discussion, group and individual work and exercises in creative expression, Body and Breath Work, we will explore the Shadow landscape. We will practice moving the Chi by accessing the contents of your Shadow side.

This is not a "therapy" day. This is an exercise in self-knowing and self-empowerment. In a safe environment, you will find wholeness, knowing and strength.

You will come away stronger, more whole and more aware of who you are.

Date: Cost: per person, \$ 60.00

Location:

**Call 519-669-8880, 1-800-220-7749,
or e-mail Wayne at wcallen@rogers.com to reserve your place.
And do it today.**