



Finding Your Self

Come to a Quarterly group in Toronto, Ontario, and learn to communicate, learn to look deeply inside. Practice sharing yourself intimately and honestly.

Many of you know that I've been quite involved with Bennet Wong and Jock McKeen, and the work and understandings they bring to living life fully. Some of you have attended workshops with Ben & Jock or have been to Haven – others of you have attended training events with me, through the Phoenix Centre for Creative Living.

Back in January, 2000 we began *Finding Your Self* – an ongoing study and practice group. Using both Haven and Phoenix models for communication, deep process and body work, using both teaching and especially experiential methodologies, we looked at:

- excellent communication
- self revelation
- group process
- breath work
- small and large group interaction
- relationship building
- honesty, openness and intimacy
- core belief reprocessing
- body work
- feedback as you explore your life choices

In 2003, we will be beginning a (likely) quarterly *Finding Your Self* group in Toronto. The first session will be Sunday, Feb. 2, from 10 to 5, at The Provision Centre 901 Yonge Street, Suite 201 (Just North of Bloor Street, South of Rosedale and North of Davenport, one block south of the Rosedale Subway Station on the Yonge line).

We will provide theoretical models, and many opportunities to practice what you learn. We will focus on being present, in the body, using breath work as the anchoring and basic technique. From there, using acupuncture theory and body work theory, we will practice being in touch with our bodies and their wisdom. We will practice excellent, clear, focussed communication, building from several models, and being present, precise and open as we communicate with each other. We will use various role playing and Gestalt techniques as well as depth and Shadow techniques to allow participants to work through past unresolved issues.

For those of you with Phoenix or Haven experience, you will find a group of people who are vitally interested in deepening their experience through more careful and thoughtful use of the communication model. You will find others who are on a walk of self-discovery, a group where openness and intimacy are the rule, rather than the exception.

The maximum number of participants is 12. The cost is \$50.00 per session.

It is our intent that you will learn to deepen and make clear your communication, find renewed depth in your relationships and find new ways of releasing past traumas from your body. You will leave each session feeling more clear and purposeful. You will find the courage to stand forth within a group of equals.

If it is your intent to find yourself and deepen your life experience, I encourage you to come to Finding Your Self. Call 519-669-8880, 1-800-220-7749, or e-mail Wayne at wcallen@rogers.com to reserve your place. And do it today.