



## The Holy Grail -- Excellence in Life

Excelling is not magic. It is not genetic. It is an attitude, and as such is a learned behaviour. Let us show you how to create excellence. We provide methods for unlearning the habits of a lifetime, replacing them, permanently, with the power to change yourself.

**Sunday, -- 9 to 5 -- cost: \$70.00 -- includes lunch**

**In this workshop, you'll learn how we have been socialized into a "Western" world view -- and in this process how we have lost touch with large parts of who we are. This process is absolutely essential, as through this process we become individuated (individuals), separate from parents, and establish our ego boundaries.**

**HOWEVER, (and it's a big however,) this is not the final lesson or project in life. In order to reach a state of wisdom and understanding, we need to both re-capture the missing "pieces" of our Selves, and to open ourselves to community.**

**In this workshop, we'll explore how we got stuck in the fist place, and then look at approaches for un-learning limiting behaviour. Through movement, stretching and dance, we'll find more ready access to our energy. Through meditation and visualization, we'll re-write old scripts and replace them with more "interesting" ones. And through community, we'll explore rituals and contact points -- as we re-create a 'tribal' mentality geared towards personal responsibility within the support of a group.**

**Our philosophy is simple -- most people haven't moved beyond the "ego project" and are therefore stuck, at an emotional and spiritual age of approximately 16. There is much more we, as adults can be and bring about. This workshop will provide the insights and the tools.**

**To register for this or any of our workshops, call 1-519-669-8880 or 1-800-220-7749 or e-mail Wayne at [wcallen@rogers.com](mailto:wcallen@rogers.com)**