

## **Workshop Feedback 9/10/11**

Two wonderful, energetic, insightful and inspiring women guided me to me today. We played, we took an honest look at ourselves. I was inspired to unleash new desires and uncover hidden feelings.

Today was almost a “Take me away, Calgon!” experience. It was an exercise in letting your mind and body separate themselves from the day to day challenges and a reminder of how we women are very similar in how we see ourselves but can and should celebrate and appreciate our differences. It is an experience that allows one to be true to your desires and/or recognize what you want in life.

Taking the time to set my thoughts aside, move my body and get in touch with parts of myself that I forgot existed. Freeing myself of the daily rituals of expected actions and enjoying more of the whole me.

People come together in a relaxed atmosphere and look inside themselves and feel what they are truly feeling: fear, sadness, happiness, strength, etc. And how to release the negative and embrace the positive so you CAN DO what you really want to do and be in life.

This day was about self-awareness and reflection. Thinking about the good things in your life as well as defining things you could improve to increase your personal happiness. Bringing to the surface those aspects of your life you may not have paid attention to.

Experiencing “You” ....the perceptions, the stories that you’ve told yourself, what you believe from others, etc. Learning what you are all about from how you see yourself to how you see your dreams and what is holding you back from realizing your wholeness. Learning how to embrace and identify “YOU.”

Remembering who YOU are, where you are in your life, and where you want to be.

A fun, creative, bonding experience where self-awareness and breaking through the invisible boundaries is realized.

A workshop involving self-reflection and self-discovery. Techniques used to assess where you are, where you want to be and ways to get there. A day of creativity, playfulness and fun.