

Living the Impossible Dream

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A life beyond our greatest expectations is made possible by knowing ourselves and being fulfilled in work and love. Self-limiting choices, drug use, and abusive relationships and behaviors undermine this dream.

By identifying our personal obstacles and embracing life-enhancing actions, we promote growth, well-being, and emotional health. We learn to make the passage through life's developmental stages with greater ease and meet the important task of becoming a fulfilled human being. We move beyond the barriers that keep us from our true purpose in life.

This workshop will use group and individual work—communication elegance, awareness practice, feedback, role-play, guided imagery, meditation, drawing and writing—to navigate a path toward effective change, enhanced relationships, genuine intimacy, and spiritual growth.

You are asked to forgo alcohol and nonprescription drugs during these five days. This sets the arena to identify self-limiting behaviors and commit to living your dreams.

For more information or to register: (802) 793-0022

The workshop is designed to facilitate each participant in identifying, illuminating and altering their relationship to key obstacles to living a fuller and more satisfying life. The timing and structure of the work varies depending on the unique make-up of each group.

The first session is always devoted to introductions, goal setting and ground rules. We have structured exercises planned for each following session, such as guided imagery to increase compassion, drawing with the non-dominant hand to bring forward challenging issues, and writing to help support important new behaviors. The flow of the work is our priority and we alter the schedule to take advantage of opportunities for each participant's

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personal growth as it arises.

We offer support and guidance throughout the week using an array of tools and disciplines including poetry, meditation, awareness practice, individual and group process, gestalt, feedback, experiential exercises, role-play, guided imagery, and writing.

Generally there are five stages to the work over the five days:

- Ownership of the issues
- Exploration of the real impacts
- Healing old wounds
- Practicing different choices in the moment
- Planning for continued change

Join us...