

Identify... Confront ... Release ... Change
and Grow up & out of stress that blocks success

Attend.... **Creative Outlets**

a body centered expressive arts workshop

When.... October 27 & 28, 2007

Drumming & Dancing around the fire Friday & Saturday nights. Bring drums/rattles

What others have said about this workshop....

"They (students) would struggle tremendously if they did not have this experience to enable them to express all of the complicated emotions that they sustain daily. Our classroom has become a much more peaceful place for students to learn and be safe."

Jess Baker – Counselor/Community in Schools

"I have benefited greatly by working...on aspects of my life where deep-seated feelings and beliefs were holding me back. Ria introduced me to a number of techniques to help me recognize, accept and let go of buried but powerful emotions.....the fact that I can continue to use these tools on my own as new challenges arise in my life is a wonderful added benefit."

Judy McNally - Librarian

Who should attend

Teachers, therapists, counselors; artists and interested individuals
enhance your professional skills or your personal clarity

Facilitator—Ria Swift, Express Arts & Energy Therapies. Workshop leader, private practitioner, program developer, dancer, writer & musician.

For more information:
Call—610-262-6971 or
Email: Ria@riaswift.com
check riaswift.com



Location: Ahimsa Village Community
4022 S. Eagle Valley Road, Julian PA 16844
More information on the location - www.ahimsavillage.org

Shared rooms available on site—bring sleeping gear, towels and toiletries. Motels/hotels within short commute.

Registration: Early registration fee of \$250 until 10/1; thereafter \$280.
Fee includes vegetarian meals and lodging at Ahimsa. Must pre-register.

Name: _____ Phone: _____

Address: _____

Email: _____

What you would like to achieve through this workshop—professional or personal

Send form along with check or money order to:
Ria Swift, 403 10th Street, Northampton, PA 18067
Sorry, no credit cards accepted.

Confirmation of Registration
will include specifics on
workshop, location & hotels