



What Do You Love?

A Novel Continuum Workshop

with Rebecca Lawson

This workshop will be a journey into experiencing and integrating what we love.

How does it feel when you love something? How does it feel when it is missing or loss occurs? Inspired by the story "The Beloved Cow," in Michael Mead's book, Fate and Destiny, we will choose one thing which we love (not necessarily what we love the most), such as a tree, the fall season, a rock, the ocean, or a pet . We will subsequently participate in an exercise of sorting and discovering the qualities and characteristics of the elected choice. Once a more articulated and defined awareness of these qualities is achieved, we shall proceed to embody (integrate) these qualities into our "beingness"...using sound, breath, movement, and sensing. Through a creative exploration we become what we love and the love that is inside of us is awakened, recognized, and blessed.

Dec. 4, 2011, 10 AM - 6 PM

Cost \$90

No experience necessary,
all experience welcome!

To Register or for more information, email Rebecca.Amis.Lawson@gmail.com 919 932-7548.

The Workshop will be held at Evolving Therapies Studio in Chapel Hill, NC.

www.evolvingtherapies.com