



# FOUR SEASONS WORKSHOPS

## MEET YOUR BOUNTIFUL SUMMER SPIRIT

Five lively workshops  
Saturday, August 20, 2011



### STIR YOUR SOUL THROUGH SOUND, SILENCE AND MOVEMENT

Move to the rhythms of summer through sound and silence, freedom and form. Dance bare-foot to soul-stirring eclectic world music. *Nia* choreography will be our guide as we emerge from meditative silences into healing, delicious movements. All forms can be adapted to individual needs and abilities! *Nia* is a joyful sensory-based movement practice leading to health, wellness and fitness.

#### Lyn Koutcher, Certified Alexander Technique (ATI) teacher.

The study of the Alexander Technique brought her back to her childhood love of play, creative movement and sports.



### DARE TO FLY HIGH – MANIFEST YOUR DREAMS!

Are you having unfulfilled dreams of a fulfilled life - opening your own business, writing a best-selling novel, selling your house or traveling the world? But, are you afraid to make it happen? Learn to use *Inner Voice Drawing*, an inspirational drawing method, and dive into the wisdom of your higher self, your place of higher knowing. Explore your life's dream, uncover what helps or hinders you in materializing it, enhance your confidence, and spark your creative spirit. NO DRAWING EXPERIENCE NECESSARY!



**Monika Kretschmar, Ph.D.**, is the creator of Inner Voice Drawing. She lived in Nepal for ten years where she studied Buddhist philosophy, psychology and meditation under outstanding Buddhist masters. Inner Voice Drawing is an outgrowth of these experiences. For more Information, visit [www.innervoicedrawing.com](http://www.innervoicedrawing.com)

### SACRED CONVERSATIONS WITH A ROCK, A POND AND A TREE: RECLAIMING OUR RELATIONSHIP WITH NATURE

A profound separation from Nature and the movements of her seasons produces great isolation and loneliness in us. In the spirit of child-like amazement, and with active imagination, speak with a rock, a tree, and a pond. Draw her sounds, textures and movements. Meet the creatures who inhabit her. Experience Earth as a living being, a great teacher and magnificent problem-solver. NO DRAWING EXPERIENCE NECESSARY.

**Jude Schafman, Ph.D.** Soul Work: The language of the Soul expressed through vehicles of dream work, artistic self-expression, and study of spiritual life. A teacher, artist, writer, and therapist, she offers ongoing courses in Dream Work, mentors existing women's groups and is the author of e-course, *Dream Work: A Way In*. For further information visit [www.judithschafman.com](http://www.judithschafman.com).



## THE PRINCIPLES OF ASTROLOGY:

### NURTURE YOUR DEEPEST YEARNINGS AND RADIATE YOUR GREATEST GIFTS

Explore the meaning of the summer astrological signs, the lively, growth-filled energies that emanate from them, and how they impact you personally. Learn about a magical “midpoint” in your chart between Sun and Moon and how it can illuminate a path for your fulfillment and success. Using psycho-drama and role-playing, experience the planets coming to life and speaking directly to you! With their kind help, discover and delight in how you are and who you are!

**Jocelyn Stein, B.A.** An astrological counselor, writer and teacher for 25 years, and born with a stargazer’s guide (ephemeris) in her lap, Jocelyn is a passionate interpreter of astrology and aspires to translate its complex symbolism into everyday language for people.



### PSYCHE’S WISDOM: A JOURNEY WITH HEART

From ancient Greece comes the mythological story of Psyche and her journey to wholeness, full authenticity, personal fulfillment and love. Led in a series of “awareness-raising” tasks by her teacher Aphrodite, Psyche gives birth to fresh new parts of herself and ultimately develops a new and deeply loving identity. Follow in Psyche’s footsteps, and with art work, collage, and intimate conversation, make an in-depth study of Psyche’s re-visioning task as it applies to your life.

### Suse Volk, M.A. MS, LMHC.

Psychotherapist, coach, and consultant in private practice. *Interest in Therapies* integrating psychological insight, spiritual principles, and body wisdom. Her passion for mythology inspired her to create the Psyche’s Wisdom Workshop for those who want to live deep and soulful lives.



**VENUE:** IRIS Retreat Site, 238 Towpath Rd. Accord, NY 12404 (Google for directions)

**TIMES:** 10:00 to 4:30 with lunch break.

**LUNCH:** Bring your own lunch or eat at Saunderskill Farms, 10 minutes away.

**COST:** \$75.00 for the day: includes three workshops. \$40.00 for morning session only.

**REGISTRATION:** [www.judithschafman.com/payments](http://www.judithschafman.com/payments).

**BRING WITH YOU:** Hat, sunscreen, bug spray, water, cushion or small chair for outside work, easeful art materials of your choice: large drawing tablet, charcoal/pastel/pencils/crayons/watercolor, etc.

**CONTACT FOR QUESTIONS:** email [judithschafman@yahoo.com](mailto:judithschafman@yahoo.com) or any of the presenters you know personally.

**SCHEDULE:** [www.judithschafman.com](http://www.judithschafman.com)

The Four Seasons Workshops are created and designed by Dr. Judith Schafman.

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### WORKSHOP SCHEDULE

10-10:15	Opening and Welcome
10:30-11:45	Class 1 and class 2
12-1:15	Class 3 and Class 4
1:15-2:30	LUNCH - Refresh and Conversation
2:45-4:00	Class 5 and Class 6
4:15	Closing: What Will You Take Home?