

INQUIRY INTO SELF:

This is an invitation to join a six-week course to improve your communication skills by exploring the integration of perception, emotion, thought, and action.

At times life is less than wonderful. When we are feeling depressed, angry, confused, or anxious we find it difficult to get what we need and want. At other times we feel calm, vibrant, energetic - potent. In those moments we find we are realizing our dreams and potential. Life is wonderful.

Our emotional states are accompanied by different ways of perceiving, thinking, and acting. We even move differently in accordance with our varied emotional circumstances.

COMPLETE COMMUNICATION is the study of how we generate our emotions and thoughts, which create our inner world and affect how we communicate. This course combines the Feldenkrais Method of Somatic Education with Marshall Rosenberg's method of Compassionate Communication. The Feldenkrais Method and Compassionate Communication both use a nonintrusive systemic process of exploration to discover actions that would benefit one's life. The blending of the two methods creates a concrete template of an integrated life.

This course is designed for each student to discover how he or she is relating with themselves and others in order to communicate more compassionately. The gift of this inquiry is a more creative, imaginative, satisfying and emotionally spirited life, thereby opening the door for us to collectively bring about more of what we value, desire, and need.

I invite you to this course to experience the benefits of learning a more compassionate way of expressing yourself and of understanding others. The actions you take with this understanding will produce results you can't help but enjoy.