



PASSION, POWER and SENSUALITY A WORKSHOP FOR WOMEN

Sunday, December 4, 2005 10am-5pm

What is your Passion? At work, at home, at play?
How do you embody your Power?
When do you feel your Sensuality?

What if . . . you could live your life full-out, without leaving the best, truest parts of yourself at the door? Being liberated doesn't mean being neutered!

In this one-day workshop:

- Learn how to access Passion, Power and Sensuality in your body, anytime, anywhere.
- Explore the language of sensation, and how to use it to change your mood on the spot.
- Discover and embrace what holds you back.
- Attract and magnetize what you want in your life.

Individually, as a group, and in dyads, participants will engage in experiential practices to help them identify and shift their use of awareness, language, movement, and wardrobe in order to live fully in their Passion, Power and Sensuality.

Join Master Body-Centered Coach and Healer, Jan Mundo, in a safe setting. She teaches because she's walked her talk. Embarking on her spiritual journey 35 years ago, Jan's lived a life off the beaten path – from migraine maven to transformational coach and author, from spiritual commune mom to publishing sales exec, from radio DJ, musician and artist to hands-on chronic pain and stress expert. She's a longtime practitioner of meditation, chi gung, and aikido-based somatics. It's not what she does, it's the spirit in which she does it – with vigor, rigor, and never giving up. Her presence, heart, and commitment create the space for change and unwinding into your fullest self.

@ Mary Abrams Movement Resources
10 East 18th St., 4th Floor, NY, NY 10003

Registration and Payment:
\$100 if received by 11/27 • \$125 if received by 11/28 or later
Cancellation Policy: Refund in-full until 11/27; thereafter no refund.

Contact Jan for Registration and Information:
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