

## A Taste of The Form

Wednesday 10<sup>th</sup> June – 7.00pm with Lisa Anslow

Thursday 22<sup>nd</sup> June – 7.00pm with Todd Lochhead

### **An Introduction Evening - A Practical Tool for Authentic Growth**

An experiential workshop, which introduces The Form – Reality Practice™ as a practical tool that nurtures and supports growth as a new way of being and moving that is alignment with your authentic nature.



**“The Form is a simple movement meditation that teaches us to still the mind and open the heart – towards ourselves and with others”**

**The Form – Reality Practice™** is a conscious movement practice that is at the leading edge of evolving consciousness and culture. It comprises of a set of movements that can be practised alone or shared with another.

**In a life of relationship**, to ourselves, our feelings and emotions, and how we relate and interact with others; this practice touches open places inside and provides the space for true discernment and deeper communion with others.

#### **In the workshop we will engage in:**

- A demonstration of the whole sequence of The Form – Reality Practice.
- Using a movement exercise participants will connect deeper inside their bodies and feel into their sensation. This reveals how conscious movement can open a deeper place beyond the current known experience.
- Learn a part of the sequence of The Form – Reality Practice and share it with another.
- Actively engage sharing what is being revealed, our experience, and discoveries in the movement in pairs and in the group.
- Growth in how to learn and discern a finer experience and what it reveals and how that relates to your life right now.
- Touch on the subtleties of where we place our attention and the power of intention.

**Experience it – BE the change**

**Time: 7.00pm to 9.00pm**

**Cost: FREE**