

# flowing Through Life *made easy*

## *Playful Exploration*

- *Identify the flow and non-flow of all quadrants of our personal wheel of life.*
- *Experience the art of flow through various embodied practices.*
- *Step into joy, playfulness and experience pleasure.*
- *Develop tools that can be integrated into your daily life.*

## Awaken to Your Senses and the Embodied Flow of Life

This workshop offers the opportunity to step into new self-awareness and increase your capacity to walk through life with greater enjoyment and ease. We make the impossible possible, the possible, easy, and the easy, elegant. Through guided exploration of movement, participants will better understand how to create flow for themselves. Come join in the flow and learn how to incorporate simple yet powerful flow practices into your daily life.



*Discover ease, grace,  
surrender, joy, and  
spaciousness.*

**Sunday, August 25th  
1:30-4:30PM**

The Marsh, Dragon Room  
Minnetonka, MN

**Cost:**

\$100.00 at the door

or

\$75.00 if you bring a friend

For more information, call:  
(805) 708-2212

# Instructors:

## **Betsy Ingalls, Certified Feldenkrais Practitioner**

Betsy is a Guild Certified Feldenkrais Practitioner. She teaches Awareness Through Movement™ and Functional Integration™ lessons in her studio in Santa Barbara, California. She has presented at Rancho La Puerta, Sun Valley Wellness Festival, and in many other Venues, but always by engaging her participants to learn how to express themselves as a more differentiated and abundant self. Learning “what is enough” is personal and it’s where flow can begin. Betsy has been studying body-mind-spirit modalities for over thirty years and has had many loving mentors to help her along the way.



## **Anne-Marie Charest, MA - Somatic Psychology PhD Track in Transpersonal Psychology**

Anne-Marie Charest is a doctoral student in Transpersonal Psychology at Sofia University researching embodied compassion, shamanic practices, and the art of transcendence. Her passion for the lived expression of spirituality as well as her shamanic practices has led her to solicit the re-introduction and revival of ancient shamanic rituals in Western culture. Through her organization, The Sacred Senses, individuals are taught to explore the divine through daily embodied practices. In addition to her knowledge and studies in Somatic and Transpersonal Psychology, Anne-Marie was formally trained through the shamanic teachings of the Kalaalit Eskimo traditions of the Far North, Greenland.



## *Contact information:*

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“**The workshop created a deeper context for understanding the link between body, psyche, emotion, and spirit. Creating the ability to feel into the body, holding it with love and compassion and understanding, was such a wonderful experience.**”

*Maribeth Goodman*

“**I loved the learning relative to the energy of the body and the realms of flow that is possible in life.**”

*Joy Dorrell*