

THE ART OF EMBRACING CHANGE

Change is inherent in nature and necessary to all healthy and productive relationships. In this ongoing seminar we will be offering an interactive and transformational journey facilitated through small and large group processes, personal stories, inquiry, guided exercises, movement and meditations practices.

What You Will Gain

- Being present moment to moment
- Deepening our relationships through intimacy and authenticity
 - Listening and responding to life
 - Working through the challenge of life's obstacles
 - Achieving what you yearn for
- Creating and growing through a community perspective

Facilitated by Lee Mun Wah & Naraya Stein

Once a month on Monday's 6:30-9:30 pm

June 21, July 19, August 9th

Cost: \$30 per session

2311 8th St Berkeley California

For registration and information:

www.stiryfryseminars.com or www.narayacoaching.com

or call 510.926.9207 or 510.704.1986