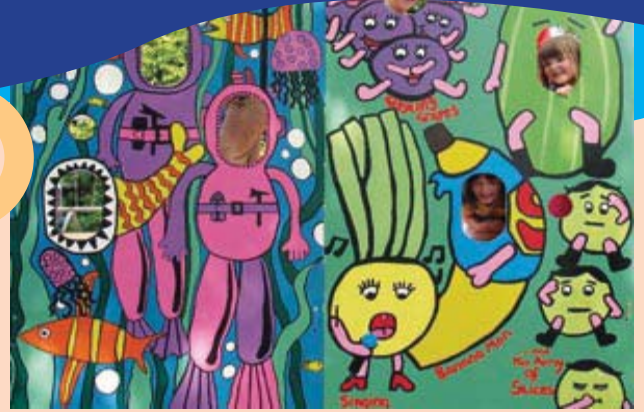


Know Thyself Play-Workshop



Me, Myself and I... three essential parts of who you are, of your self identity. The "material me" is the part of your self relating to your body and with material possessions; the "social me" revolves around your interactions and reputation with others; and the "spiritual me" is the part that contains your inner thoughts and feelings.

How much do you know thyself? Are you moving away from pretending to be who you are not and come closer to being yourself? How might you become more open to personal change and be accepting of yourself more fully?

How we perceive life and by what we believe determine emotions. Emotions are our response to experience and they are important indicators of our wellness. Acceptance of our feelings is a powerful antidote to the habitual habit of censoring some emotions as negative (e.g. fear, anger, etc) and covering them up with a happy face. The way out of difficult emotions is through them. Only then, we can genuinely be receptive to the more pleasant ones such as happiness, love, playfulness and peace.

When difficult emotions are pushed underground, they tend to explode suddenly in violent acting out, or they implode in the form of depression, anxiety attacks, stress or physical illness. Where do these emotions go and hide? One place is in the body. Another place we hide our feelings is in our unconscious.

Life is all about the relationship one has of one's self with the SELF and to be fully alive, the buried feelings must also be drawn out of hiding. Take a break from the routines of life and take the time to nurture a relationship with yourself—through play and expressive arts. Through expressive arts, the medium is the messenger of emotions. By interacting with the medium, such as art, clay, movement and sound, feelings are evoked and, so are insights.

In this two-day "play-workshop", you will be guided on a lighthearted journey of self-discovery and emotional healing. You will discover that your feelings carry profound inner wisdom and what they have to teach you.

Objectives

- To be more self-aware;
- To be responsibly self-directing;
- To live in a friendly and close relationship to your own experience.

Who could attend

Anyone from age 18 years and above

Course Details

Trainer	Thang Mee Yuen
Date & Time	Sat & Sun, 6 & 7 Mar 2010, 10am – 5pm
Exchange	RM420 (including lunch & refreshments)
Contact	Angeline Chin 017-2933699
Venue	Clove&Clive Sdn Bhd F-2-02 Dataran Glomac, Jalan SS6/5B, Pusat Bandar Kelana Jaya, 47301 Petaling Jaya, SELANGOR.
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E-mail	clovenclive@gmail.com

About the facilitator



Mee Yuen has been learning and exploring alternative ways for self-growth and spirituality for the past two decades. A firm believer in life-long learning, she has explored various techniques of meditation, energy healing modalities like Homoeopathy, Pranic Healing and Reiki. In recent years, she has also learnt Spiritual Response Therapy, aromatherapy, Soul Braiding, Gestalt OH Cards, sandplay and clay therapy. A certified practitioner of Cellular Memory Integration and a practitioner of Metamorphosis, Mee Yuen is also a certified practitioner of therapeutic play accredited by Play Therapy International, UK and a trainer for emotional literacy skills accredited by Sophia College, Australia.