

**WINTER
SERIES ❄️
STARTS
JANUARY 30**

New Day and Time!
Monday evenings
6:00 – 8:00 pm
10 weeks beginning
January 30, 2012.
Performance on last
evening of class.

Rudramandir Center
830 Bancroft Way, Ste. 102
Berkeley, CA 94710

Cost of the class is \$450
Student & Senior (over
65) Discount is \$50. Pay in
full 7 days in advance for
additional \$50 discount.
Register by phone or by
sending \$40 deposit to Sheila
Rubin, c/o the address above.
CEUs for additional \$10.

For more information,
please call Sheila Rubin:

415-820-3974

TheHealingStory.com

-Life Stories-

A Self-Revelatory 10-Week Improvistational Workshop

with *Sheila Rubin*, LMFT, RDT/BCT

This time of year, this dark season, offers ample opportunity to visit what is just below the surface. It is a time to go deep inside to our personal life stories, our familiar and collective dreams and to explore what is needing to be released and what is needing support to come out into the light as we move toward spring.

I invite you to consider taking this deep, transformative and heart-centered embodied storytelling workshop. Everyone participates at their own level. It is both for shy people who want to step beyond embarrassment or shame and into the radiance of their self-expression in front of a small supportive group as well as for those who love to tell their stories from a heart place and want to work on their next level of authentic embodied presence.

When we explore the threads which weave between our daily experiences and universal themes, a deeper story emerges. And it is this deeper story which feeds us at a soul level. In order to connect with, embody, and express this deeper story, this Life Stories Improvistational Performance Workshop will use a gentle, powerful process of:

- theatrical improvisation
- guided visualization
- somatic exercises
- group interaction
- dreams
- movement
- writing
- ritual

Those who choose to can create a 10-20 minute piece (or solo performance) for the performance on the last night of class. Some class members will be working on material for a longer piece. This class is for all skill levels.



Sheila Rubin, MA, LMFT, RDT/BCT, is a drama therapist and psychotherapist with a private practice in San Francisco and Berkeley. She is well known for directing self-revelatory performances. She is an adjunct faculty member and an alumnus of C.I.I.S., the California Institute of Integral Studies, Psychology and Drama Therapy Department. She is also an adjunct faculty member at JFK University, Somatic Psychology Program and a past president of the Northern California Chapter of NADT.

Just out! Sheila has contributed a chapter to the book, *Ritual Theater*, edited by Claire Schrader. She also has a chapter on Self-Rev Performance in the book, *Interactive & Improvistational Drama*, edited by Adam Blatner.