



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 & Improvisational Drama*, edited by Adam Blatner.

-Life Stories-

Ritual to Replenish, Refocus, and Ground
to Prepare for an Amazing 2012!

1-Day Workshop

with *Sheila Rubin*, LMFT, RDT/BCT

Sunday, January 22, 2012
2:00 – 6:00 pm

Location:

Sheila Rubin's Studio
Rudramandir Center
830 Bancroft Way, Ste. 102
Berkeley, CA 94710

Cost of the workshop is \$50. CEUs
available for additional \$10.

This is an invitation –

As things get more and more intense in the world, it's important for healers, teachers, and parents to take the time to replenish and focus our energy. On this day, we'll be sharing processes that are powerful.

Life Stories Collage Process: This process can set on paper your intentions for personal, community or planetary transformation in the new year. I will supply art paper and collage materials. You're welcome to bring images, if you'd like.

Ritual: We will also work with a powerful ritual, bringing into focus our intentions through body, mind and heart with our vision to move us powerfully into the new year.

Life Stories Embodied Story Process: This improvisational process leads us to step beyond the old story and into the new.

*For more information or to register, call Sheila Rubin and
leave your name and telephone number:*

415-820-3974

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