

TO ARRIVE WHERE YOU ARE

a journey of discovery into THE SOCIAL ART

with Mark Neill

Do you feel connected with your work, with your loved ones, with society as a whole? Are you happy and contented knowing you are living a balanced, ethical life that supports and nourishes you at all levels of your being? Do you suffer from stress, anxiety, fatigue, depression or addiction?

If any of this resonates, then The Social Art Workshop is for you.

Using the body as an instrument, we will work into the twelve virtues:

Devotion becomes the power of sacrifice

Equilibrium becomes progress

Perseverance becomes faithfulness

Unselfishness becomes catharsis

Compassion becomes freedom

Courtesy becomes steadiness in feeling

Contentment becomes self-composure

Patience becomes understanding

Control of speech (minding one's tongue) becomes a feeling for the truth

Courage becomes the power of redemption

Discretion becomes the power of meditation

Magnanimity becomes love

in order to find balance within ourselves, in an effort to transform and bring about balance in the workplace, in our homes and in society - discovering that we already live in them and that they are calling us forward to strengthen our connection.

At a time when we perceive great imbalance in the world, often brought about by the ever increasing use of intellect in the absence of the will and the heart, The Social Art identifies and works into the qualities which can be accessed by all in a balanced way, to bring about socially developed

ways of working into the future.

As the world seems to be giving us a clarion call for something really new this workshop can provide a basis on which to move forward in a way that not only impacts positively on the world, the organisation, the group, but also on the individual in terms of a greater feeling of well-being and contentment. The workshops are based on the premise that when we transform ourselves, we change the world.

CASTLEMAINE: WEDNESDAY 16TH MAY, 6-8 PM, 3 PRESHAW ST, COST: \$50/\$30 conc.

BOOKINGS: 0420 202 735 or mark@eurythmy.com.au

sessions also in Melb., Mansfield, Canberra, Sydney, Blue Mtns, Newc., Maitland, Bellingen, Armidale and Brisbane.

Mark Neill, eurythmist of 30 years' experience (over 450 performances around Australia including Hamlet, Lear, Richard 111 and T.S. Eliot's Four Quartets) as-well-as his work in eurythmy in the workplace in Germany. It is out of his intense work in this field that The Social Art has arisen.