



Deep Power

An expressive-arts workshop

Movement, dance,
drawing, writing,
role-playing, vocalization,
storytelling and
transformational ritual

at the National Holistic Institute, Emeryville
FREE INTRO NIGHT—JAN. 21

Deep Power

An expressive-arts workshop

In this series you will—

- Strengthen your ability to follow your inner wisdom
- Develop resources to create and sustain what you want in your life
- Transform relationships by recognizing unhelpful patterns and exploring new ways of communicating
- Experience your assertiveness
- Learn compassionate confrontation
- Catalyze intentions for positive action in the world

This workshop can help with—

- Life stresses
- Relationships
- Work issues
- Transitions
- Activism work
- Creativity ... and more

Ten-week series*—

Feb. 4 to April 8, 7–9 p.m.

\$350 (if \$75 deposit is received by Jan. 22); \$390 after Jan. 22

PAYMENT PLANS AVAILABLE

FREE INTRO NIGHT*

Wed., Jan. 21, 7–9 p.m.

National Holistic Institute

5900 Hollis Street, Emeryville, CA 94608

***Call to register: 510.466.5114**

(for the series or the FREE intro night)

All levels of experience welcome

CEU'S available for MFT's & LCSW's

This course meets the qualifications for 20 hours of continuing education as required by the California BBSE, PCE #4235. Cancellation requests must be received three weeks prior to the workshop. Registrant will receive refund minus \$25 administration fee.



"LABYRINTH" ©2006 CINDI HUSS. WWW.CINDIHUSS.COM.

PHOTO BY JANINE NORTON

"Ariana is an inspiring teacher who brings forth from mind, heart and body ... the creative spirit within."

—Emily Ransom

"The work I've done with Ariana has been crucial in gaining clarity, direction, and focus ... I have been able to find my own power."

—S.S.

Looking ahead...

Meditation and Movement in Nature series

10–12 a.m., Saturdays April 25–May 16

April 25 class FREE—

for National Dance Week

Over the past 20 years, Ariana Candell, MA, MFT, has inspired people to discover their inner strength through conscious movement and the expressive arts. She incorporates Hakomi, Authentic Movement, BodyTales and The Blanche Evan Method into her groups, and currently teaches

Body Consciousness / Body Wisdom and Group Process at JFK University. Licensed for 12 years as a marriage and family therapist, she sees adults and couples in her body-centered psychotherapy practice in Berkeley.



www.ArianaCandell.com

We welcome men, women, couples and people of all cultures, races, religions, sexual orientations, gender identities and economic circumstances.

A photograph of a forest with tall, thin trees and a prominent leaning tree trunk in the center. The text is overlaid on the image.

MEDITATION & MOVEMENT IN NATURE

Embrace your connection
to the earth and your spirit!

Joaquín Miller Park, Oakland
10-12 Saturday mornings

MEDITATION & MOVEMENT IN NATURE

Immerse yourself in the beauty and awe of nature! Join us for inspirational mornings that will transform your day. Through earth-based meditations, natural authentic movements and Earth art, we will explore our essential connection with the earth, our self and each other. Learn easy ways to decrease stress, feel more energy and find your creative spirit.



ALL LEVELS
OF EXPERIENCE
WELCOME

Joaquin Miller Park, Oakland

10–12 Saturday mornings

FREE CLASS April 25th

April 25th and May 2nd, 9th and 16th

\$70 for the series; \$25 drop-in

Call to register—
510.466.5114

or go online and register through
Oakland Parks & Rec—
www.oaklandnet.com



“Balm for the soul!” Emily Stoper, retired professor

“This class allowed my soul to fully express itself and my body to escape my ego and self-criticism into the shores of freedom, inner strength and creativity....” Eitan Saenger, father of a young child

Over the past 20 years Ariana Candell, MA, MFT has been leading groups in conscious movement and the expressive arts. She has taught T'ai Chi Chih, NIA, Authentic Movement and Dance/Movement Therapy. Ariana is currently teaching at John F. Kennedy University and offers her specialty of body-centered psychotherapy to adults and couples at her office in Berkeley.

www.ArianaCandell.com

Gentle sunlight
morning
Chirping, chattering
earth song
Wafts of spring
My spirit opens,
my body softens,
my heart awakes!

People of all cultures, races, religions, sexual orientations,
gender identities and economic circumstances are welcome