



Life Changes **in a Weekend**

Here's some big news for 2011: an introduction to the *Life Changes* 8-week program is being offered in a short (but intense) weekend workshop format. Kevin Sharpe, the director of the Center for Body-Mind Therapy and author of *Life Changes: The Guidebook* and *How Do You Receive: Giving Voice Back to Your Bodymind* (Summer, 2011) will present these Phoenix Rising Yoga Therapy workshops in different venues around the country.

Through yoga, meditation, group dialoguing, and integration, each participant will explore her or his life – what it is, what it isn't, and what truths they're living that create their experiences. Participants will learn to cultivate change from a place of awareness and create a new, deeper, more authentic relationship with life.

"Most of us," explains Kevin Sharpe, "walk around locked into a world that just doesn't work anymore – if it ever really did. And the tragedy is that we rarely even know it. But we're constantly getting clues and messages to turn us on to this from our bodymind." According to Sharpe these messages can take the form of a vague feeling that something just isn't right or a sense of being stuck in life. Sometimes they manifest as having low energy levels, or other times our bodyminds speak to us more forcefully as physical illness, pain, chronic fatigue, or addictive behaviors.

Sharpe points out that ultimately it comes down to getting real. It's about understanding ourselves in a very honest and authentic way – uncovering, exploring, and changing the truths that are really governing our lives.

"Intellectually, most of us get it," says Sharpe. "It makes sense. Yet we still find ourselves just as trapped in our worlds that simply don't work for us anymore. And, really, that's the crux of the problem. It's not enough just to get it intellectually."

He often quotes Richard Rohr who says, "We can't think ourselves into a new way of living; we must live ourselves into a new way of thinking."

"Honestly," adds Sharpe, "we've got to live ourselves out of whatever prisons we've lived ourselves into. And the *Life Changes* workshop provides us with the tools and experience to propel us from the space of just intellectually getting "it" into the empowered space of actually living ourselves out of our prisons."

**For more
information
visit:**

www.LifeChangesProgram.com