



Name That Dance! A Relationship Workshop for Anyone

November 11, 2018, 10 am —1pm
In person in San Diego or online anywhere

The approach-avoidance tango, the jittery jitterbug, the in-the-box foxtrot, the sassy salsa? Whether you're a boss and an employee, an intimate couple of any kind, two family members or just friends, each "couple" tends to have a dance they do with each other. And by "dance," we mean a way of relating that's a pattern, which we can describe or demonstrate through movement, if you're game.

In this workshop, we'll:

- Identify your dance
- Examine whether or not that dance is supporting you and your relationship
- Change the dance to free you to create new patterns – or none at all
- Give you a chance to dance the new dance if you like!

So don't let self-consciousness or two left feet get in the way of your enjoyment and growth. **Join us!**

All are welcome. By the way, your "dance" partner doesn't have to be there too. We can still name that dance, even if your boss, friend, mother, kid or other partner is nowhere to be seen.

Join Us! This retreat will be held at a beautiful home in North San Diego and online via internet videoconferencing and is \$320 per couple or \$160 for an individual. **Register and get location and videoconferencing directions via email after registering:** <http://bit.ly/innerrev>

Please bring snacks and plan to eat after the event. Please refrain from caffeine and sugar for the day. This event will be facilitated by Granny Rocks, a.k.a. Beth Green, intuitive counselor, spiritual teacher and founder of TheInnerRevolution.Org. Anyone who attended the previous retreats can attest to the power of Beth's work. For more about Beth, check out <http://theinnerrevolution.org/>

For more information, contact Rose Evans at (760) 822-3272 or rose@theinnerrevolution.org.