



Story Circle with Lynn Rogers, PhD

Monday, November 29, 2010
11 AM – 2 PM

Includes vegetarian lunch
at Casa Davanna

We invite you to join us for a fun afternoon of sharing our stories and a beautiful vegetarian lunch in Casa Davanna with a view of the ocean.

You will have the opportunity to:

- Express your natural creativity in a safe, supportive small group
- Experience the healing power of telling your stories and really being heard
- Bring the fullness of your inner essence into your creative self-expression
- Enjoy the warmth of shared community – in storytelling and over a delicious homemade meal

Storytelling is the most natural form of verbal expression. We do it almost every time we interact with another person. Telling our own stories allows us to share who we are and what we dream; give expression to parts of ourselves that have been silenced; share our unique message with the world; express our creativity; transmit meaning and values; create and strengthen community; and entertain one another and play together.

Some people come with ideas about what they might tell, others just show up with an open heart and see what arises or go with a suggested theme, such as family, relationship or a moment of laughter.

Lynn is an experienced professional storyteller who has told her stories from San Francisco to St. Petersburg. She will gently guide you to tap into your wealth of stories and show you how to share them with ease.

Anna Laurita, Certified Yoga Instructor, will lead you in a centering exercise and short meditation. She will also create your lunch. You can expect flavorful vegetarian fare that will spark the stories to continue at the table.

Cost:

\$350 pesos (before November 15)

\$400 pesos (after November 15)

Registration: Phone **322-151-3639** – space is limited

Location: davannayoga

Calle: Matamoros 542

Colonia: Centro

Puerto Vallarta