



## STEPPING INTO YOUR POWER

**Two days of personal exploration and creativity.**

**Led by Karen-Ann Roschild**

**Sat 13th November & Sunday 14th November**

**At Whole Health, The Fold, Worcestershire.**

Are there moments and situations in your life when you wish you could be more visible, confident and have the capacity to speak your truth? Would you like to be more resilient, determined and feel as if you were an active agent in your life, instead of watching it flow by from a position of uncertainty or indifference?

During this weekend course you will have the opportunity to meet, inhabit and integrate the truly powerful side of yourself.

You will also have the possibility to encounter those voices and forces inside yourself which are busy trying to sabotage you and diminish your power. This guided process will help you to create a new way to deal with those forces and voices.

During the workshop you will make contact with and nurture that part of yourself that is able to support and encourage you. In the end we will assist you to transfer your insights to find concrete steps to implement your learning in everyday life.

We will use ritual, role-playing, movement and music to create a dynamic but supportive, non-judgmental group environment. Away from the distractions of everyday life you can explore and develop new perspectives and life choices.

This workshop requires no particular skills or qualifications – only a willingness to participate and remain open to new ideas.

# WORKSHOP LEADER

KAREN-ANN ROSCHILD was born in 1956 in Germany, studied anthropology and costume & set design before becoming an actress. Later she started to work as an acting teacher and director. In 1996 she met Paul Rebillot, founder of the "School for Gestalt and Experiential Teaching" in California and decided to train with him. Since then she worked with him, co-leading and assisting his workshops in England, Ireland, Germany, Austria and Italy. In 2008 Paul Rebillot retired from teaching and passed away earlier this year. Karen-Ann Roschild continues to teach his workshops and is now one of the foremost teachers of his work in Europe. She has also developed her own courses based on Paul Rebillot's inspirational methods.

Further information on Karen-Ann Roschild can be found at [www.karen-ann-roschild.de](http://www.karen-ann-roschild.de) and on Paul Rebillot at [www.directimpactcreativity.com](http://www.directimpactcreativity.com).

# WORKSHOP DETAILS



The workshop is non-residential and will be held at The Fold, Bransford, Worcester WR6 5JB. A limited number of basic B&B accommodation is available at The Fold with a suggested donation of £20 per night (shared rooms with mattress on the floor, includes toast and muesli breakfast and light evening meal), alternatively a list of local B&B accommodation is available on request.

Two day course, 10am – 6pm each day.

Maximum number of participants 12

Cost of workshop – £140 .To book a place on the course please contact Fern Smith on [smith.fern@ntlworld.com](mailto:smith.fern@ntlworld.com) or 01792 422728.

For information on The Fold including directions of how to get there, go to [www.thefold.org.uk](http://www.thefold.org.uk).