

CSL Saturday - Improv for the Spirit 9/6/08

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Spontaneity. Humor. Flow. Surrendering to the moment. This is how community member Michelle James describes this month's CSL experience. Get ready for an active, high-energy workshop using improv and movement to set our creative spirit on fire.

Improv for the Spirit

Saturday, 4pm to 6pm, Sept. 6

-- Falls Church, VA --

Potluck Gathering, 6:00 pm

ALL ARE WELCOME

We've been trained, traumatized, and socialized out of the natural spontaneity of our spirit. This highly interactive session will renew your sense of trust and openness through laughter, awareness, letting go of perfectionism, and quieting the inner critic.

Michelle has performed improv theater for 11 years, and is founder of the Center for Creative Emergence and the Capitol Creativity Network. She is a pioneer in the field, using improv and movement for business and personal transformation.

Note: Dress for comfort and movement.

This is going to be great fun--don't miss it!

Stay for POTLUCK FROM 6 TO 8PM-be sure to BRING A DISH FOR 8 PEOPLE (main dish, salad, side dish, bread & beverage, or dessert).

Invite along a friend if you like. Can't make it at 4pm? - then just stop in at 6pm for the potluck! No Need to RSVP - DIRECTIONS are below, as is info on OTHER EVENTS.

Saturday, 4pm to 6pm, September 6

-- Falls Church, VA --

Potluck Gathering, 6:00 pm

DIRECTIONS

to this month's meeting place (the home of Barra Kahn in Falls Church, VA):

From the beltway (I-495), take Arlington Blvd. (U.S. 50) eastbound toward Falls Church/Arlington. In about 3 miles you will pass a McDonald's (it's off on the right on the service road). Turn right at the next light, Annandale Rd. Go 7/10 mile & turn left at the second light (Kerns Road). Take Kerns through the light at Sleepy Hollow. In a couple of blocks Kerns becomes Lily Dhu Lane. Continue past the "Dead End" sign. The house, 6438 Lily Dhu Lane, is a few houses past that sign on your left. Barra's phone # is 703-941-8849.