

GROW. STRETCH. FLY.

INSIGHTOUT LIFE AND IN-FLIGHT THEATER PRESENT:



*Amy Steindler, Insight Coach
Mara Neimanis, Aerial Artist*

“Breaking Through” Aerial Workshops

Breaking Through What Keeps You Small was created by Insight Coach Amy Steindler and Aerial Artist Mara Neimanis to give participants a fresh perspective on their self-imposed limits. Through the tools and techniques of Insight Coaching, and the physical

challenges, integration and expression of Aerial Artistry, participants connect with their true selves, and remember what it's like to move through life feeling free, happy, curious, and confident. The workshops are conducted at In-Flight Theatre's Studios in

Baltimore's Station North Arts District, and are limited to eight participants to create an environment of safety, to maximize coaching opportunities, and to encourage participants to share their experiences freely.

Combine the deep wisdom of your soul with the vast knowledge stored in your body and discover what you already know.



Leave your comfort zone behind to explore the places where boundaries dissolve and fear serves only to point you toward what you truly value.

Connect with your body's inner wisdom in this unique experiential workshop

Ask Insight Coach Amy Steindler what she thinks is the quickest way to access inner wisdom, and she'll say, "By connecting to your body and honoring the metaphors." Clients in her life-coaching practice are encouraged to recognize that getting unstuck requires paying attention to the body, leaving the analytical, language-centric left brain idle, and engaging the visual, connection-rich right brain instead. "Trying to 'figure things out' sometimes just confuses the growth process. Playing with the metaphors that come up when you are engaged in physical activity can open up our thinking, shifting perspective in poignant and meaningful ways."

"THE AERIAL WORK TAUGHT ME TO GET BALANCED AND TRUST MYSELF. I AM STRONGER THAN I THOUGHT." -E.P., JULY 2012

When she took her first class with Mara Neimanis, she knew she had stumbled upon a perfect metaphor-generator for personal growth. Mara's methods of teaching aerial skills was a perfect fit for Amy's techniques for self-discovery, and the two began the extraordinary collaboration that connects physical metaphors like grounding and flight, stretching, growing, balance, and letting go, to the challenges of a fulfilling life.

Mara instinctively understands the power of the physical work to enable expansive growth, and she creates and hones the aerial exercises for each workshop based on the focus and the shifting needs of each group. Mara believes that "the study of aerial arts facilitates an in-depth self-awareness which challenges habitual patterns of thinking, moving, and being, creating a new sense of responsibility."



Aerial exercises are created to support the self-discovery topics and are unique to each workshop based on the needs and skill levels of participants.



Participants receive a 150-page journal containing exercises, inspiration, and room to write, dream, or doodle.

"GOOD BLEND OF ACTIVITY WITH DISCUSSION...THE PERFECT WAY TO DRIVE [THE] POINT HOME IN A PHYSICAL AND METAPHORICAL SENSE."

-K.N., JULY 2012



THE WORKSHOPS

Our workshop topics include:

- ☛ Getting Unstuck
- ☛ Calming Your Inner Critic
- ☛ Leaning into Fear
- ☛ Vulnerability and Shame
- ☛ Trust and the Unknown
- ☛ Moving Beyond Your Story
- ☛ Essential Self Alignment
- ☛ Self Coaching Techniques
- ☛ Connecting Mind & Body
- ☛ ...and more!



Private group workshops, individual Insight Coaching, and private aerial instruction are available.

Contact Amy Steindler at
410.268.1240
or
Mara Neimanis at
410.800.8685



“NORA”

We asked “Nora” to tell us about the hardest part of one particular exercise. She replied simply, “Finding my footing.” When we asked her where in her real life she was having difficulty finding her footing, she immediately made the connection and replied, “in my relationships.” She can now explore ways to translate the physical lessons of finding her footing--slowing down, feeling her way, not worrying about perfection--to new relationships.



“ALI”

“Ali’s” management job had her feeling a bit unbalanced. She discovered through her aerial work that she was having difficulty knowing “how close to the edge” she could get without falling. It didn’t take her long to relate that feeling of standing at the edge, poised to “fall into the abyss,” to her current challenges on the job. Her ability to physically explore the edges without falling gives her the confidence to do the same with issues she encounters at work.



“JOAN”

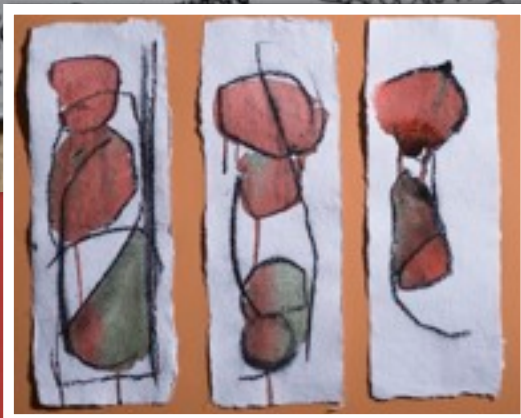
“Joan’s” recovery from serious injuries took time. Learning to reclaim her athleticism and honor her physical limitations without limiting her Self has taken a bit longer. The challenges of the aerial work helped her realize that she has reserves of strength she didn’t know she had, and she can do more than she expected. Tests of courage are part of life, and Joan found strength not only within herself, but in her connections with others.



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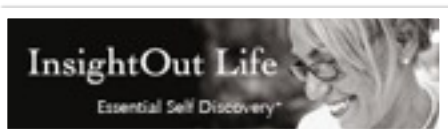
We spend most of our lives avoiding the things we truly want to do because we're afraid. Reaching past what's comfortable requires us to let go of things that hold us back, and to take the risk of failure.

InsightOut Life and In-Flight Theater will hold the next "Breaking Through What Keeps You Small" Workshop on Saturday, April 6, 2013. For more information, call 410.268.1240 or email amy@insightoutlife.com.



Front Cover and Interior Photos by Second Glance Photography ... Aerial Sculpture "The Gate" by Tim Scofield ... Back Page Photo by Amy Steindler ... Back Page Art by Kini Collins.

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