



InsightOut Life & In-Flight Theater present
An Experiential, Play-Filled One-Day Workshop . . .

Breaking Through What Keeps You Small

Saturday, April 6, 2013 from 11 p.m. to 3 p.m.
In-Flight Theater Studio
5th Floor, CopyCat Building, 1501 Guilford Avenue
Baltimore, MD

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.

Are you willing to live the fullest life you possibly can? Then you're gonna have to Get Bigger.
Grow. Stretch. Fly.
Find out what your body is trying to teach you.



Join Insight Coach Amy Steindler and Aerial Expert Mara Neimanis for an exciting workshop that will give you fresh perspectives on your own self-imposed limits. Through the tools and techniques of Insight Coaching, and the physical challenges, integration and expression of Aerial Artistry, you'll connect with your true self, and remember what it's like to move through your life feeling free, happy, and confident.

This workshop is for YOU if ...

- you'd like to live a bigger life, but are afraid it means you'll no longer be humble, kind, or well liked;
- you recognize that the only thing keeping you from flying is ...well...you don't *exactly know* what it is, and you're slightly terrified to find out;
- you adore kinesthetic learning (learning by doing), and are intrigued to find out more; or
- you want to experience self-discovery in a new way.

In this workshop, we will...

- skillfully coach you through your stuck places, with grace and good humor.
- teach you how to reach further and fly higher, on the ground and in the air.
- leave you with new understanding and clear ideas about your own growth, new aerial skills, and a nifty journal filled with creative ideas, flights of fancy and tips to get your life on track.

NOTE: Aerial work is designed to accommodate all levels from beginner to advanced. Participants should have a minimal level of strength such as that which is required to execute basic yoga moves.

For more information, go to www.insightoutlife.com/in-flight-collaborative.

WORKSHOP FEE: \$150

To register, go to www.insightoutlife-inflight.eventbrite.com.