

INSPIRED TRAVELLER

power<sub>of</sub>  
presence

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*This is a day for waking up!* A day for doing something *rare* and *radical* – having things be the way they *are* rather how we think they *could* or *should* be. Cultivating the ability to be more present to ‘*what is*’ is a powerful opening to more freedom and greater ease in life.

The workshop is an enquiry into presence that challenges some deeply entrenched and influential assumptions about what it is to be a person. In particular, we will distinguish between the conceptual self - the story about who we are - and the contextual self or being.

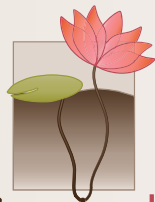
Drawing on many disciplines from both East and West, the workshop features dialogue, reflection,

group interaction and experiential work.

Facilitated by **Adrian van den Bok**, an experienced psychotherapist, clinical supervisor, lecturer and workshop leader.

\$140 (including GST) per person

**Theosophy House, 484 Kent Street, Sydney**  
**Sunday, 11 July 2010 (10am – 5pm)**



**inspired**  
traveller  
spaces to retreat, reflect, restore

Adrian van den Bok

To book and for more details, please visit: [www.inspiredtraveller.com.au](http://www.inspiredtraveller.com.au) or email: [service@inspiredtraveller.com.au](mailto:service@inspiredtraveller.com.au)