

Experiential Work Shop

Creating and Living Your Life with Ease Shifting From Stress to Flow

'awaken your body intelligence and connect with your creative flow'

A body centered approach to transformation using a balance of cognitive techniques, interpersonal exercises, and body-centered practices that harness the organic wisdom of the body.

with Harry Poliak



‘Come prepared to learn while having fun.’

Through playful and easy interactions, explore and discover at a pace that supports your learning and integration.

Learn to:

- Stop blaming and use your liberated energy to expand your creative expression.
- Turn off your inner judge and critic and get unstuck quickly and in friendly ways.
- Learn new skills faster and in a more friendly way than you may have experienced before.
 - Let go of old ways of thinking and acting out old patterns.
 - Learn to shift to new ways of behaving that create much more satisfaction.
 - Accelerate your evolution by learning with others.
 - Learn while having a good time versus thinking, learning = struggling.
- And importantly, focus on how you can expand to give and receive more love each day.

Apply your learning to:

Improve every relationship you have. From the one at the store, or with your children, your friends, your parents, your spouse, your co-workers, and even with individuals you “Can’t Stand.”

Harry is a graduate of The Hendricks Institute's: Leadership and Transformation Program and specializes in supporting you in connecting to your bodies intelligence, and playfully unhooking from the source of your stress, so you can turn your freed up energy toward your creative expression. He brings a well-developed intuitive faculty into his trainings and has been involved in the creative arts, community development and transformational learning for more than 25 years.

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