

Internal Landscapes[©] & Shadow Stories

An Experiential Workshop with John Ollom, MFA and John Arnaldi, PhD

Saturday, September 19th

10 AM - 6 PM

*Yoga Downtown Tampa
206 East Cass St., Tampa, FL 33602*

Explore the interaction of body, spirit, and shadow through myth & movement.

Using storytelling, archetypes, journaling, and expressive movement, we will explore our Internal Landscapes[©], the liminal space where shadow and soul meet.

This is a unique opportunity to move out beyond our fears and self-limiting comfort zones and create sanctuary where our lost and disowned parts can be welcomed home. This integration frees us to live more fully in the present.

Workshop Fee: \$150

Early Registration Discount: \$125 - SAVE \$25 (if registered and paid before September 1st)

Advance Registration Required

To register:

By email: jarnaldi@tampabay.rr.com

By Phone: 813-919-7963

or

Website: www.JohnOllom.com



Instructors

John Ollom is a movement artist, teacher, dancer, and choreographer in New York City. He is the Artistic Director of Ollom Art /Prismatic Productions, Inc. since 2002.

Each summer, John teaches the Ollom Art Summer Program at Smith College. In 2010-2011, he was the Artist in Residence at the Eastern Michigan University Dance Department.

In his *Internal Landscapes* classes, he helps his students explore their lives through archetypes. In his 2015 book, *Internal Landscapes*, John describes his personal journey and work. It is available for purchase at www.JohnOllom.com

He earned his MFA at Goddard College and his BFA in Ballet at Texas Christian University.

John Arnaldi is a life coach in Tampa, Florida. His specialties are sexuality and intimacy. He's helped hundreds improve their relationships and recover from depression and addictions. He believes that to find joy and satisfaction in life, we must get to know our shadow, the parts of ourselves that we have avoided, disowned, or lost. He uses expressive movement, meditation, and ancient sacred stories to help integrate body, mind, and soul.

John has worked as a life coach, counselor, therapist, educator, and consultant since 1976. He earned a Ph.D., an M.A., and a B.A. from the University of South Florida.

Learn more about John from his web site www.johnarnaldiphd.com and his blog, Naked in the Shadowlands www.johnarnaldiphd.com/blog