

*Are you feeling stressed and out of balance?  
Does your life seem like a wild teeter totter ride?  
Do you feel like you are constantly struggling just to keep your head above water?  
Are you frustrated by being unable to make meaningful change in your life?*

*If your answer is "Yes" to any of these questions, or if you are simply ready to take the next step on your healing journey, then this workshop is for YOU.*



# *The Art and Practice of Balance: Dreaming a New Dream*

*An Experiential Workshop*

PRESENTED BY

Marge Schneider, Ph.D. & Janet Dang

*Row, row, row, your boat gently down the stream.  
Merrily, merrily, merrily, merrily, life is but a dream!*

## *The Art and Practice of Balance: Dreaming a New Dream*

*It is difficult to realize that it is our own patterns that keep us from really playing fully in the flow of our own lives. And yet, those unconscious, limiting patterns are not who we are. Because they are nothing more than old habits, we can make new choices at any moment and in response to any situation.*

*Janet Dang, in Einstein's Business*

*In this workshop you will explore the unconscious patterns that take you off course and leave you feeling stressed, off balance and out-of-sorts. You will learn how to step out of the old patterns that aren't working for you and into a new way of being that does work.*

*Through self-assessment, guided imagery, discussion, movement, ritual, journaling, experiential process and sharing, you will:*

- Identify patterns that pull you off balance.*
- Understand how your "story" creates your experience.*
- "Rewrite" your old story into a new, healing story.*
- Learn how to create from your authentic power center.*
- Leave with a "tool kit" and a sense of how to use these tools to bring your life back into balance.*
- Understand the Bigger Picture and walk away inspired, energized and in greater Heart Power.*

*The workshop is meant to be a "spa day" for the heart and soul, an experience of healing the heart and spirit as well as a rite of passage into a new way of being—dreaming a new dream.*

# Workshop Information

## Who Should Attend?

There are no requirements to participate in the workshop. Anyone who is interested in learning, growing and healing and wanting to make meaningful changes in their life would benefit from attending the workshop.

## Registration

The cost for the two days is \$200.00.  
If paid in full by March 20th, the cost will be \$175.00.  
This includes course materials and lunch on Saturday.  
Space is limited, so sign-up early.

For more information or to register contact:

Marge

Phone: 630-443-3622

E-mail: [marges6701@aol.com](mailto:marges6701@aol.com)

or

Janet

Phone: 650-814-8345

E-mail: [janetdang@sbcglobal.net](mailto:janetdang@sbcglobal.net)

The workshop will be held in a private home in Naperville, Illinois. The exact location will be given to you when you register.

Participants will be asked to bring:

A notebook or journal

An open mind

A spirit of adventure

A sense of humor

&

A willingness to stretch yourself just a bit . . .

## About the Presenters

### **Marge Schneider**



*Holding an MSW degree from Aurora University and a Ph.D. in Holistic Psychology from the Union Institute, Marge has worked in private practice as a Licensed Clinical Social Worker since 1988. She has studied extensively in the areas of holistic health, spirituality, energy healing and mind-body healing. Marge is a Reiki Master and has received advanced training in shamanism and shamanic healing through the Foundation for Shamanic Studies and the Four Winds Society. She has been facilitating workshops on shamanism and related topics since 1997 and is the author of a book, *Inner Shaman: Journey Through Darkness Into Light*. Marge is currently practicing as a holistic psychotherapist at the Haven Center in St. Charles, Illinois.*

### **Janet Dang**



*Janet Dang is an executive coach and corporate trainer, working with individuals and teams from Cisco Systems, All Tech Technology and Boston Scientific. She is a practicing Shaman, Certified Theta Instructor, Reiki Master and Reconnection Healer. She also has a Double BS in chemistry and computer science. Her chapter in the book, *Einstein's Business*, provides the basis for her breakthrough work with transforming unconscious patterns from sources of limitation to sources of inspiration. Janet lives and works in the San Francisco Bay area.*