

# 9<sup>th</sup> Year ~ SUMMER PAUSE 2018 ~ BALANCE

Are you longing to Pause? To sustain balance? To explore new ways to be yourself?  
Learn how to calm your over-active mind and REST your over-worked body to refresh your sense of self.  
Learn how sustaining balance and flow supports our work, ideas, inner poise and being with others.

PAUSE brings together a mixed group to explore together (or at times observe).

Holistic experiential practices derived from AT, Restorative Yoga and my professional trainings in  
Professional Voice • Personal Presence • Body Conditioning • Listening • True Communication

## OPEN MIXED GROUP

discovering your body's innate intelligent balance, sustained through eloquence and ease.

We listen-in and witness, when ready we explore and practice.

Discoveries are as individual as participants — dynamic for some, gentle for others, profound for all.  
Everyone leaves inspired, rested and reconnected.

PAUSE 2018 will clarify forms of tension-awareness, release, breathing, BALANCE + SUSTAIN  
connecting you to your pure, responsive, enriching STILL POINT to find its gift for your life.  
(hint: not sleep, not collapse, not flop, not trance — Resting in REST is subtle yet powerful)

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*How to describe the Summer Pause? Challenging yet fun ... difficult yet easy... stretching yet safe ... structured yet free. It isn't really possible to describe it ... better just experience it for yourself. It's rare to find tuition that inspires men and women alike in such a unifying way.*

Writer

*It feels strongly how we were always meant to be, before 'struggle' gets in the way.*

*You strike the perfect blend of theory, anecdote, inspiration — it's practical and just the best fun. I used to believe change inevitably meant confusion, frustration and effort — Pause is brilliant!*

Journo

*I value your energy, your open, free-spirited approach and your professionalism.*

*You have, what so many people lose, a true sense of wonder — ideal for teaching people how to explore their presence, their voices and how to affect their surroundings.*

Actor

*Wonderful relaxing rejuvenating experience, I will certainly make this an annual event.*

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Director

Guided by the well regarded Educator • Trainer • Coach • Whole Body Practitioner

Susan White BA TEFL LGSM MA Voice Studies Distinction

physiology • eastern consciousness studies • professional voice • restorative yoga • presence



WLBC reception

WEST LONDON BUDDHIST CENTRE

**Bayswater / Paddington**

London W2 5DP

excellent facilities

light, well-equipped and  
welcoming yoga studio

**Sat 4 August 2018**

**10.30 am – 4.30 pm**

£350 company funded

£250 self funded + RHP

£150 past pausers

£100 actors / drama students

**All enquiries**

by phone directly with

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