

9th Year ~ SUMMER PAUSE 2018

Are you longing to Pause? To Rest? To learn new ways?

It is simply a Universal Truth that trusted sensory connection calms the over-active mind and weary spirit.
How can this support us in our work, rest and play, with our self-talk and with other people.

PAUSE brings together a multi cultural, mixed ability group to explore together (or at times observe)
whole body experiential practices as found in transformational true enactment
Professional Voice • Personal Presence • Whole Body Conditioning

PAUSE is for all who trust and perhaps miss their body's innate intelligence.

OPEN MIXED ABILITY GROUP

For artists • actors • drama students • dancers • singers • writers • sculptors • photographers
• non performing free spirits especially every day people who are curious seekers + explorers ...

During PAUSE 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 to a very positive sense of self.

PAUSE 2018 explores pure, deep, responsive REST and its gift for your life.

(hint: not sleep, not collapse, not flop, not trance, not meditation, not doing nothing!)

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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.

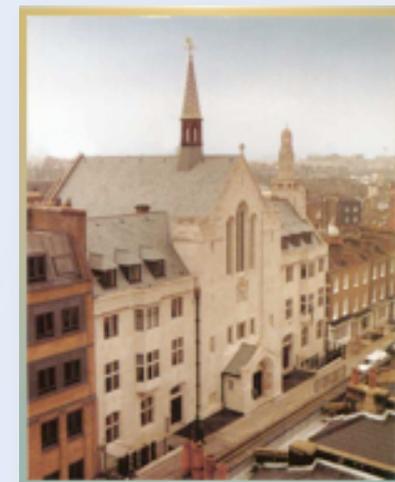
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Director

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

Susan White BA TEFL LGSM MA Voice Studies Distinction

physiology • body centred eco psychology • eastern consciousness studies • professional voice • yoga



Venue: big, light, clean
wood floored hall with stage

The Swedish Church

7 Harcourt Street

Marylebone

London W1H 4AG

Fri 24 August 2018

10 am – 5 pm

£400 company funded

£300 self funded

£250 121 specials / RHP

£200 past pausers

£100 drama students

All enquiries

by phone directly with

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