



## **Healing Your Emotions Through Play: A Psychosomatic Journey**

**WHAT:** Learn to befriend your most challenging emotions through laughter and play with others. A seven month playshop series for adults through Selkirk College.

**WHERE:** Kaslo, BC and Zoom. This is an in person and online blend class.

**WHEN:** September 2021 – March 2022, every second Wednesday evening of the month. 630 – 800 pm Pacific time. First class September 8th, 2021.

**HOW:** Each class entails meditation, collaborative improv singing and theatre games, collaborative play with personal emotion stories, and

discussion of the gifts of the featured emotion in a supportive and compassionate environment. A small group allows us to go deep – maximum 8 participants.

**WHY:** Collaborative improv is about playful movement, collectivity, and gentle silliness. Play and laughter facilitate learning and connection. The emotion work is based on the teachings of Karla McLaren ([www.karlamclaren.com](http://www.karlamclaren.com)) with the underlying belief that all emotions are necessary and important to inform our actions and our lives. Note: this course can be a potent and playful support for trauma healing, although it is not meant as a replacement.

**PRICE:** Introductory price of \$210.00 for the playshop series.

**WHO:** In collaboration with Selkirk College's Mir Centre for Peace

**TO REGISTER:** Call Selkirk College, Kaslo Community Education, 250 353 2618, ex. 1.

**QUESTIONS?:** Write [meganhyslop@yahoo.ca](mailto:meganhyslop@yahoo.ca) or call 250 366 4151