

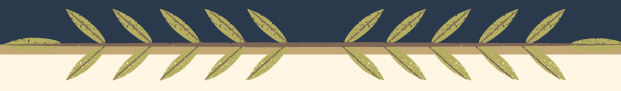
# ARCHETYPE MOVEMENT LESSONS



FROM

*YOU'VE GOT THE POWER!*

with Lavinia Plonka, GCFP

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- 1) WHAT IS YOUR SHAPE?
  - 2) GAINING INSIGHT
  - 3) CLARIFYING YOUR SELF IMAGE
  - 4) A PEEK BEHIND THE CURTAIN
  - 5) SEEING INSIDE
  - 6) BREATH OF COURAGE
  - 7) EMBODYING INTENT
  - 8) DEVELOPING PERSPECTIVE
  - 9) MAP OF YOUR JOURNEY (PDF)
  - 10) CONNECTING YOUR CENTERS OF PRESENCE
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