

## **SKYLAKE OFFERS 2-DAY SOCIAL PRESENCING THEATER WORKSHOP with Arawana Hayashi and Adam Yukelson**

**May 19-20, 2018**

**9:00AM to 5:00PM Coffee at 8:30AM**

**Sky Lake Meditation & Retreat Center**

**22 Hillcrest Rd, Rosendale, NY 12472**

**Register: [skylake.shambhala.org/program](http://skylake.shambhala.org/program)**

**Cost: \$375 (includes meals, but not housing)**

The Sky Lake Meditation Center invites you to the Social Presencing Theater Basics Course, taught by Acharya Arawana Hayashi and Adam Yukelson. Social Presencing Theater is an innovative social art form that brings the teachings of Shambhala Art into the context of personal reflection and the ego-to-eco social change paradigm developed by the Presencing Institute.

Participants will cultivate embodied personal presence through body-based mindfulness practices; and develop skill in creating healthy, coherent and generative 'social bodies' and social fabric through heightened space awareness.

Through the use of both non-verbal techniques and dialogue to inquire into "stuck" situations, we can make visible the underlying patterns in the system. We can illuminate both the current reality and the emerging future possibilities. This will lead to the ability to access fresh insights, prototype creative paths to transformation, and develop skills for effective and compassionate leadership in the systems and communities we care about most.



### **ARAWANA HAYASHI**

Arawana's work as a choreographer, dancer and educator is deeply sourced in the teachings on art given by Chogyam Trungpa, Rinpoche and on her experience in collaborative improvisation. She currently heads the creation of Social Presencing Theater (SPT) for the Presencing Institute and is an Acharya (senior teachers) in Shambhala, a community that links individual basic goodness to the creating of "enlightened" society.



### **ADAM YUKELSON**

Adam is an Action Research Fellow at the Presencing Institute where he leads the design and delivery of U.Lab. Additionally, he helps deliver Presencing Institute Labs that aim to create more sustainable and inclusive economies. He has practiced and helped facilitate Social Presencing Theater since 2009.