

# SPRING PAUSE 2011 • SUMMER PAUSE 2011

## You — Your Voice — Your Personal Presence

Some people are simply mesmeric ...

PAUSE is for you if you wish to explore and develop who you are, and who you can be, through *how* you communicate.

Learn to identify, manage and release inhibiting unnecessary tension – Let go!

Re-energise and refine yourself — for all you have to do and, especially, all that you really want to do.

Recognise and resolve unwanted aspects, learn to trust and practise revealing YOUR credible, congruous, shining presence.

Experience the secret, unfailing vitality of connection to yourself whilst connecting to others.

Learn how to settle tension, anxiety or distraction and dissolve 'block' with ease, to allow presence to flow through you ...

### Ideal for Times of Transition

Also ideal for people in transition who seek greater ease, enjoyment and expression in every day life.

Spring Pause acts as the springboard for the reveal of Summer Pause and Winter Pause is for keeping in touch ...

### Mesmerise!

Seeking greater connection?

Unsure how to go about it?

Join a like-minded, welcoming group – where creativity, ideas and learning occur within supportive focused attention beyond passive-state reflective meditation into mastery of mindful dynamic awareness in connected communication

### Realise • Practice • Release



### Others' say ...

“

I simply shifted... by truly understanding presence and learning to trust this natural ease.

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

Such a gift – it underpins all that I am and all that I wish to create.

I discovered so much about myself and other people, through Susan's fascinating, accessible and uplifting PAUSE.

PAUSE strikes a perfect blend of theory, anecdote, inspiration – it's practical and just the best 2 days fun!

I used to believe changing inevitably meant confusion, frustration and effort

— with PAUSE it's brilliant!

How to describe the Pause? Challenging yet fun ... difficult yet easy... stretching yet safe ... laughter yet tears ... structured yet free! Actually it isn't really possible to describe it ... better just to experience it for yourself.

A wonderful, relaxing and rejuvenating experience – I will certainly make this an annual event.

This is what I need — love your creativity, love your approach!

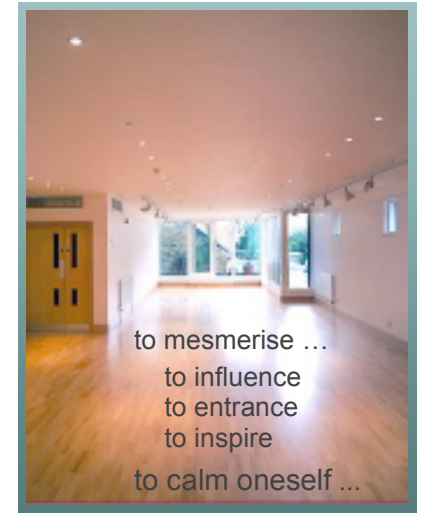
Inspiring and worthwhile — now onwards in PRESENCE, ready for all it brings!

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**Susan White BA TEFL LGSM MA Voice Studies Distinction  
Coach of Professional Spoken Voice & Personal Presence**

*superbly endorsed* by Lords, Trustees, Chairmen, Chief Executives, Directors, Fundraisers, Artists, Actors, Consultants and nurses, tutors, teachers, therapists, writers, narrators and, most-importantly, every day people intrigued by the nuance of voice — for the pleasure of personal presence and every day vocal and creative confidence with eloquence and ease ...

**ENDORSEMENTS ...** [www.per-sona.com/Resources/endorsements.pdf](http://www.per-sona.com/Resources/endorsements.pdf)



### Bhavan Centre Gallery

Challoner Street

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London W14

modern studio • sunny terrace  
facilities • kitchen-refectory

### SPRING PAUSE 2011

Friday 13 May – FULLY BOOKED

10.30am – 4.30pm

### SUMMER PAUSE 2011

Thursday 25 + Friday 26 August

10.30am – 4.30pm

**magic of connection  
mindful dynamic awareness**

learn ease + confidence  
effective breathing + tension release  
practice deep listening  
radiate natural presence

£240 per person for 2 days

**020 7244 0402**

Please telephone for

**BOOKING FORM**

with terms + conditions

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