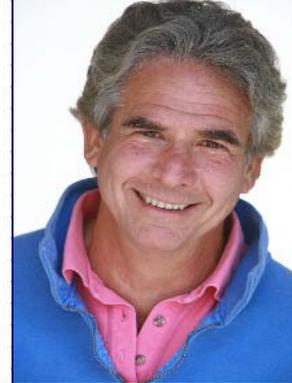


# the **M**astery of self expression



## **The MASTERY of Self Expression Workshop**

The MASTERY offers individuals an opportunity to discover themselves as the source of their own creativity, power, passion, and joy. Participants experience how powerful they already are and learn to actualize that in their lives rather than waiting for the "right time", "permission", and/or the "right opportunity".

This workshop honours you, the individual. You are unique. We create a place where each person can get to rediscover themselves. You can rediscover that inner part of you where everything is available and all your possibilities exist. This is a place where you remove your limitations. And, what you come out with is YOU.

The workshop also assists participants in moving from a position of unconsciousness and lack of clarity to a position of consciousness and clarity - empowering each individual to make conscious choices in their lives.

The MASTERY weekend is a powerful event that offers each participant choices and tools to use in all areas of their lives. The weekend is, in many ways, a laboratory which encourages participants, in a supportive environment, guided by their individual goals, to step outside their comfort zone and realize more of their potential.

## **Larry Gilman**

has led the MASTERY since 1980 in over 20 cities throughout the world.

He has helped small groups of people approach their vulnerability, blocks to creativity and their power. Now participants can create what is most important for them in their lives.

Larry's full time work is with Fortune 500 companies and start-ups, as a communication consultant with CommCore Inc. He has led over 800 workshops for more than 10,000 people.

As an actor, Larry has appeared on stage on and off Broadway and he has starred in TV series and feature films including "Final Destination" and "Cool Runnings".

Larry is a pilot, sails, travels the world, and has started writing a book about the MASTERY and the core effect it has had on his life and others.

The MASTERY was created by Dan Fauci in 1976. Over 30,000 people from all walks of life have taken it in 25 cities worldwide. The MASTERY offers a unique opportunity to step outside your learned limits and allows each participant to have the experience of moving beyond external and self-imposed blocks.

MASTERY workshops are held at the Cambrian Hall 215 East 17th Avenue, Vancouver. The workshops begin at 5:30 p.m. on Friday evening and conclude on Sunday evening at 9:30 p.m.

Please check the website for upcoming MASTERY workshops dates and more information  
[www.themasteryworkshops.com](http://www.themasteryworkshops.com)

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