



☆ **Strider Innertainment*** ☆
Presents a ½ Day Interactive Playshop...

"Enlighten Up"

*How to Use Creativity & Humor
to Transform YOUR World!*
A New *Integral* Approach to Problem Solving

Facilitated by
Errol & Rochelle Alicia Strider

*Whether you struggle with self-doubt or self-defeating behaviors, people who bug you,
or are just upset with your world, at "Enlighten Up"...*

- You will experience how the Integral model can be used to dramatically improve communication
- **You will learn a fun and fascinating way to resolve conflicts in your life and relationships!**
- *You will be able to laugh at and be creative with the areas of your life that frustrate you*
- You will receive the tools to reinforce the lessons you've learned to get optimal **RESULTS!**

When you "**Enlighten Up**," problem solving becomes a joyful opportunity for freedom, growth and empowerment.

When: Sunday afternoon, April 23, 1 PM to 4:30 PM

Where: Bayside Marin
684 Point San Pedro Rd., San Rafael, CA 94901, next to Loch Lomond Market
2.2 miles East of Montecito Shopping Center (Trader Joe's)

Admission: Introductory Offer: \$49...or...\$79 for two so *bring a friend and save!*

Reservations & information, call 415-459-4512 or email estrider@juno.com

**"Strider Innertainment is an Integral approach...
to enlighten your mind, nourish your soul, heal your heart and laugh your blocks off!"**

What others say about Strider Innertainment...

"Highly skilled, sensitive performers...a real gift for translating abstract, metaphysical concepts into charming metaphors.— Chicago Tribune

"Straight on stuff...from the broadly comic to the extremely intimate with just about everything else in between." — Hollywood Reporter

"Your presentations were without equal, not only extraordinary, but so stirring...What a wondrous power you possess!— Michael Moore, Former Mississippi Attorney General

"...an outlet for emotions...people leave feeling they have been cleansed and healed."—LA Daily News

"They unleash the spirit of healing, awareness, and celebration from their audience."—Matthew Fox

"The Striders' work is uplifting, inspiring, joyful, funny and meaningful." —Rev. Richard Mantei, Unity Minister

"The class was a great experience for me all round. Bravo!"—Byron B., San Rafael

"A life changing process on more than one level."—Lawrence W., Sausalito

"I loved the class and am very glad I participated." —Suzanne C., San Anselmo

www.striderinnertainment.com