

## **The Ridgefield Press**

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### **Rich teaches series on reinventing self**

Kindred Spirits Center is offering a new three-part workshop series called Reinvent Yourself: Imagine, Play, Rejoice! from mid-January through mid-February, taught by Khristee Rich of Ridgefield, president of The Dancing Curtain LLC. Each workshop may be taken separately or as part of the series.

“Each workshop will guide you through the process of creative visualization and will give you the tools to continue the journey once the workshop has ended,” said Ms. Rich.

The first workshop, Imagine, will start with your dreams. “Through such tools as journaling, brainstorming, dream recall, aromatherapy, listening to music, drawing, and through discussion we will begin to tap into our hearts’ desires,” she said. “In the second workshop, Play, we will reunite with our inner child, our innocent and playful self... Some tools we may explore are mime, dance, role playing, acting, being spontaneous, and having fun.’

The third workshop, Rejoice, will “celebrate our accomplishments... We will meditate, practice affirmations, smile, laugh, and celebrate our uniqueness, talents, ambitions, and achievements.”

Workshops are January 16, February 6 and February 13 from 2 to 4 pm. Each is \$50, three for \$125. To register, call Kindred Spirits at 203-563-9781, email June Fagan or Tracy Mignone at [JTKindredspirit@aol.com](mailto:JTKindredspirit@aol.com) or visit [www.kindredspiritscenter.com](http://www.kindredspiritscenter.com).

Kindred Spirits Center is at 35 Danbury Road in Wilton. For more information on future classes, visit [www.thedancingcurtain.com](http://www.thedancingcurtain.com).