

ENERGIZING

ENLIGHTENING

EXPERIENTIAL

ENTERTAINING

(Maybe even helpful)

INTRAPersonal IMPROV



w/ Thom Rutledge & Brian Lutz



One fool-proof method for driving ourselves crazy is to attempt to be singular in nature, to have only one opinion or one feeling about something or someone. Knowing this one thought and/or this one emotion, I call myself sane. WHY DO I FEEL SO CRAZY?

The nature of consciousness is multiple, not singular. We all talk to ourselves, we us just need to get better at it. -from *Simple Truth* by Thom Rutledge

SECOND DATE ADDED
SATURDAY
June 11, 2022

Join Brian and Thom to confront the MYTH OF SINGULARITY head on – directly, honestly & with a sense of humor. Might as well have some fun while we're here, right?

INTRAPersonal IMPROV is a 3-HOUR ZOOM WORKSHOP

SATURDAY • MAY 7, 2022 • 10:00 – 1:00 PM PACIFIC TIME

\$125.00 • To Register, email thomrutledgeauthor@gmail.com
w/ "IMPROV" in subject line