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**Quick Links:**

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**Stories in Motion**

Sunday, December 15th  
San Francisco

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**Meditation & Dharma  
Talk at Spirit Rock**

Monday, Nov 18th

[Click here](#) for info & reg

**Motion Improv Theater**

Esalen Institute  
December 22nd - 27th

Hi Friends of Motion;

This is Jen, Motion's program manager. Nina is away on retreat this week and is sending you loving kindness from beautiful Spirit Rock. She's giving a mid-retreat dharma talk there this Monday evening, and hopes you can join!

Looking to December, we're excited to announce an upcoming Motion Theater performance at The Garage in San Francisco. We've also got some great workshops lined up -- perfect for reflection and transformative grounding as we head into the last month of 2013 and prepare to greet 2014.

Wishing you all peace and wellness,

Cheers,  
Jen Downey

**Stories in Motion**

*an evening of Motion Theater*

**Stories that will amuse you, move you,  
and change the way you see your life**

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photo by Laura Duldner

Motion Institute presents an evening of moving, inspiring and funny stories guaranteed to cheer up your holidays. Performed by Motion students and directed by Nina Wise, Stories in Motion is an opportunity to see a wide cast of characters perform Motion Theater. If you've wondered what this art form is all about, come check it out!

*MOTION INSTITUTE PRESENTS:*

## **STORIES IN MOTION**

an evening of Motion Theater

### **The Garage**

715 Bryant at 5th St., San Francisco

look for the red door

SUNDAY, DECEMBER 15 at 6pm

\$15 ~ tickets [here](#)

Featuring Alicia Rypma, Deborah Gerson, Melanie duPuy, Rhoda Kaufman, Rob Pavey and Sybil Meyer

and Madeleine Butler, Linda Elkin, Laura Delazonna, Michael Tertes, Nancy Whitley, Victoria Bianco, China Galland and Jhanna Culver

Tickets at:

<http://storiesinmotion.brownpapertickets.com>

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## **Monday Meditation & Dharma Talk**

**Join Nina at Spirit Rock THIS Monday!**

7:15 - 9:15pm

Spirit Rock Meditation

Center

Woodacre, CA



More info and registration

[here](#)

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## **~ December Workshop at Esalen ~**

### **A Big, New, Free, Happy Unusual Life**

December 22 - 27

Esalen Institute

Big Sur, CA



This improvisation workshop in Motion Theater allows the creativity that resides within us to have a voice.

Expect to surprise yourself and to become more playful and at ease before an audience. You might even find that the sense of well-being achieved during the workshop not only expands your creative abilities, but also enhances your experience of daily life.

Surprisingly, delightfully, holistically healing.

Registration and info [here](#).

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## **Private Coaching with Nina**

***Cultivate your creativity & confidence***



Developing a script or performance work? Working on a presentation? Want to take your public speaking skills to the next level?

Nina helps her clients achieve their personal and creative goals by drawing on proven techniques in improvisation, storytelling and mindfulness. In this one-on-one supportive environment, you'll learn to bring forth your unique talents and voice, and gain confidence in your work. Best part is, this work is grounded in a place of joy, playfulness and FUN!

**Book an appointment with Nina today:**

415.459.3766 or [nina@ninawise.com](mailto:nina@ninawise.com)

[www.ninawise.com](http://www.ninawise.com)

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San Francisco, California 94107  
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