

*Exploration of  
Wellness and  
Balance:*

*Just In Time for  
End-of-Semester Chaos!*

Presented by:  
Ryan Scrimger,  
Theatre Arts & Performance Studies



**Friday, May 2<sup>nd</sup>, from 12:30-2:30pm in Salomon Hall**

Through specific guided relaxation techniques, you are invited to experience liberation and release within your own body and mind. Professor Ryan Scrimger, Theatre Arts and Performance Studies, has practiced and taught relaxation techniques for many years and brings it into her classroom to help students prepare for high-stress situations and recognize goals and obstacles with greater clarity. In this participatory workshop, we will use sensory awareness, physical loosening and Stillpoints exercises to prompt individual stillness that is filled with inner connection. Come prepared to explore, receive and release. Participants are encouraged to wear comfortable clothing and be ready to be either (your choice) on the floor (bring a mat if you wish) or at ease in a chair.

Lunch will be provided, so please register by Wednesday, April 30, 2014



You may register one of three ways: either by (1) contacting Johnny Bobé II at (619) 260-7402; (2) by emailing [cee@san Diego.edu](mailto:cee@san Diego.edu); or (3) online at [www.sandiego.edu/cee](http://www.sandiego.edu/cee)  
Thank you!