



## PRE-FANTASIA FAIR '95

In response to many requests, a one-day, pre-Fair Institute is being offered for those who want an in-depth personal growth experience. So come to P'town on Friday night, be part of this special event on Saturday (followed by a Dutch-treat dinner on the town) and, if you're staying for the fair, you'll greet your newly-arriving sisters on Sunday feeling great!

### "BECOMING FULLY HUMAN"

Integrating the Body, Mind, Emotions and Spirit

This program is for those who value a "WHOLE PERSON" approach to self-development and may want more depth than the short programs offer, as well as an opportunity to establish close personal ties right at the beginning of their Fair experience. It is also open to those not attending the fair who want to do personal work in a safe and accepting atmosphere. The context will be gender exploration, but it will not be the only focus of the program.

The Institute will be facilitated by Niela Miller, MS Ed., LCSW, LMHC, who has been doing personal growth programs at the Fair since 1982 and Roger N. Millen, PhD, who is returning for his fourth fair and has introduced body awareness and internal language and behavior work as valuable tools for gender explorers.

#### PROGRAM

- PART I - Practicing body awareness, exploring movement, internal energy work, centering and grounding techniques from T'ai Chi & Ch'i Kung.
- PART II - Examining belief systems and how to restructure them for improved life experience.
- PART III - Recognizing and expressing feelings skillfully. Dealing with relationship issues. Creative activity such as drawing, writing, collage (to express the inner you; it doesn't matter if you've never done any of these before. It's the process that counts, not the product.)
- PART IV - Consulting your dreams and fantasies for guidance in personal and spiritual development. Looking beyond self to relationship to community, moral/ ethical considerations, life purpose and meaning. Taking it all back home.

**SATURDAY, OCTOBER 14, 1995 9:30am-5:30pm**  
**upstairs at Napi's (lunch & coffee service: \$15.00)**

FEE : \$75 for Fair registrants  
\$95 for non-Fair registrants

(All payments due by September 15)

#### REGISTRATION FORM (limited to 20 so get reservations in early)

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
day evening

ADDRESS \_\_\_\_\_  
city state zip

I will \_\_\_ will not \_\_\_ be attending the Fair. I will go to group dinner \_\_\_

NOTE : Be sure to arrange your extra nights' housing far in advance !!!

SEND REGISTRATION TO:

NIELA MILLER  
132 BUTTERNUT HOLLOW  
NAGOG WOODS, MA 01718-1004

Questions? Call (508) 264-4565