

# Authenticity & Connection Circles

An invitation to relax deeply  
into the present moment,  
  
to speak what is essential,  
  
to listen with compassion and respect,  
  
to receive this as a gift  
that you give to yourself.



Drawing on Native American council practice and a variety of tools to facilitate authentic self-expression, Authenticity & Connection Circles are a powerful way to cultivate conscious relationships with ourselves and community.

These gatherings are dedicated to individual sharing, and each circle will have its own theme, brought into focus through poetry, music, silence, story-telling, and other sources of inspiration. *The following circle is held at The Center for Self-Discovery in Escondido:*

**3<sup>rd</sup> Monday of the month, 7-8:15PM**

Space is limited; RSVP appreciated. A \$5 donation is suggested.

For more information, or to schedule a gathering for your community or group, contact Tori Janaya at **760-294-9294** or visit **[www.LivingAuthenticity.com](http://www.LivingAuthenticity.com)**.



Since 1988, Tori Janaya has been offering workshops that empower women and men to have more loving, peaceful, and joyous lives and relationships. She works with individuals, couples, and groups at The Center for Self-Discovery as a registered Marriage, Family Therapist Intern (IMF#52558) under the supervision of Tarra Stariell, MFT (Lic#37920). In addition to a Masters in Transpersonal Counseling Psychology, Tori has received training and worked with clients in the areas of dream work, sandtray, sacred and expressive arts, body-oriented awareness, end-of-life and grief counseling, and a variety of practices designed to quiet and center the mind, body, and emotions. To learn more, visit [www.LivingAuthenticity.com](http://www.LivingAuthenticity.com).

*“Tori brings a wealth of experience, wisdom and vulnerability to her work, living rather than teaching what it means to devote oneself to life and love. Her superb clarity, intuitive insights and warm presence offer the perfect blend of wisdom and heart. I wholeheartedly endorse her work.”*

– Jett Psaris, Ph.D., coauthor of *Undefended Love*