

DEFIANTLY TAO: the workshop

Living our Lives with
Joy, Vitality and Acceptance

Join author **C.J. Golden** as she shares her own unique philosophy for a vital and joyful life; one which combines the principles of **Taoism** (the ancient Chinese philosophy of acceptance) with a healthy dose of **defiance** (defying stereotypes, negativity and self-defeating behaviors). *C.J. lives this every day, and so can you.*

Employing interactive exercises and sharing some personal examples, **CJ** introduces the participants to the concept of the **Tao and defiant woman** - a woman who understands the acceptance of the Tao while maintaining a vibrant and youthful spirit. She exemplifies the attitude which forms the foundation of her philosophy.

The word “**Tao**” translates in English to “**Way**” or “**Path**” and teaches us that, just as all things in the Universe, our lives follow a natural course as we travel through our years and transitions.

CJ explains the Tao principles of **Tzu-jan** (go with the flow), **Wu Wei** (not forcing), **Te** (being the best YOU that you can be) and **Yin/Yang** (the two opposing and, at the same time, complementary aspects of our lives).

Together with CJ you will explore those principles of **Taoism** which will aid us in meeting the challenges women face in today’s culture. The interaction between leader and participants help us all to understand how this ancient philosophy of **acceptance** can work hand in hand with a **defiant attitude** - one that defies the archetypical stereotypes, negativity and limitations which try to hinder our personal growth.

At the conclusion of the workshop you will \ come away with the understanding that **it is possible to hold on to joy and vitality as we go through our years**. And you will possess the skills to do so.

This thought-provoking and enjoyable discussion is open to everyone who is ready for a new and upbeat way to get through the transitions and challenges of life.