

Testimonials for the ORIGINS Magic Theater Workshops at Sunrise Center

Don't walk, run. ORIGINS and Pennell will change your life and you will meet new amazing people to be in your life. **(The Inner Romance)**

Excellent presenter with wisdom care, a unique and valuable framework for growth and wholeness ongoingly. **(The Inner Romance)**

It was a wonderful workshop, very grounded and experiential where we had to push our edges and grow and learn. I am excited about doing the next, longer workshop. **(The Dark and the Light: The Drama of Your Life)**

I appreciated everyone's generosity. Pennell expertly facilitated, including the right amount of attention he gave to each participant. **(The Dark and the Light: The Drama of Your Life)**

An excellent way to get acquainted and prepared for The Inner Romance workshop. **(The Dark and the Light: The Drama of Your Life)**

Pennell is amazing, lovely, caring, fun, safe, present, intuitive. Pennell is the real deal which is hard to find these days. We are so lucky to have him in Marin. The course is also offered at a reasonable low price for what is offered and could easily be a lot more. I was changed in very significant ways that have helped me move forward in my life and I look forward to the next workshop. **(The Dark and the Light: The Drama of Your Life)**

I felt very contained. The information and explanations were very clear. So much depth. Felt an opening to my search. **(The Nature of Transformation)**

Amazing, fun, liberating and healing experience. Perfect tools for expression, psychodrama, healing, embodiment of our power, releasing inhibitions. I will definitely enjoy the longer workshop. **(Introduction to ORIGINS)**

In the beginning I felt a lot of thoughts going on and was quite unquiet. During the process I really calmed down and felt much more free and in my heart. Very good, nice integration/synthesis of Eastern and Western traditions. **(Introduction to ORIGINS)**

First of all, this is FUN. A fun way to experience emotional underpinnings. The collective group becomes a safe place to open up – or at least this group did. Embodying actual characters that are created from traits in your own personality, being able to feel and see them in voice and body – this has been very liberating. **(The Inner Romance)**