

# Breath and Belonging: A Circle Way Intensive

With Rangineh Azimzadeh Tehrani and Tenneson Woolf



October 23-26, 2024  
Salt Lake City, Utah  
Wasatch Center



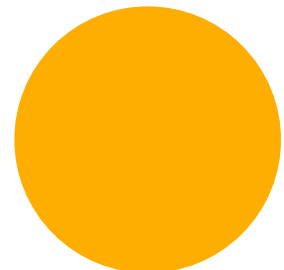
For many of us, we wish better forms of meeting in the many contexts we care about. That's work. That's community. That's family. We wish more authentic speaking, more generous listening, more inspired context, more shared commitment, and more enlivened community. It's true across ages — elders, youngers, and the betweens often struggle to know how to be more connected with each other in shared endeavor and in puzzling complexity.

So, how? For such deep-hearted yearnings, Circle is our friend. Circle skills are our needed practice.

For many of us, we need skill in the granular of Circle practice, but we also need deepening that integrates the overarching spirit of Circle practice. We want more enriched fulfillment of human beings participating together. We want added purpose and meaning. We want added coordination and collaboration. We want wisdom, kindness, helpfulness, and life-giving patterns.

Breath and Belonging: A Circle Way Intensive lifts skill, practice, and imagination in the methodology that is Circle, and, in what lives beneath methodology — breath, belonging, return to center, and return to each other as a way of being.

Join us, October 23-26, 2024  
Salt Lake City, Utah

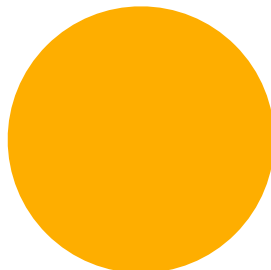


## What We'll Cover

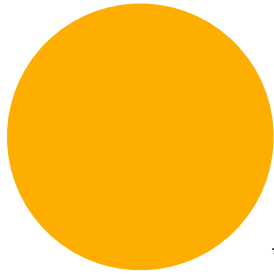
- **Foundations of skilled Circle practice**, including essentials from The Circle Way Components Wheel — practices, principals, and agreements.
- **Core orientations of meaningful Circle hosting**, online and in face to face meetings — showing up, asking questions, listening acutely, speaking honestly, harvesting insights, practicing the most essential rhythms of Circle.
- **Clarity of deep Circle spirit** — the importance of breath, the tangibility of belonging, the potency of a centered way of being individually and collectively.
- **A co-learning space** that welcomes participants to share learnings from their circle traditions and experiences — we wish to weave and encourage broad field of practice.

## Who Is This Circle Intensive For?

- **People everywhere** seeking practices and formats for deep connection, learning, and experiments together.
- **Seekers**. Meaning makers. Hosts and facilitators. Circle peeps from many traditions. Returning Circle Way folk wishing renewal and community.
- **All walks of life**, all professions. Managers, facilitators, team leaders, consultants, coaches, entrepreneurs. Educators, artists, poets, musicians, faith community leaders, government administrators, community organizers, and social change activists.
- **Practitioners** of connected culture everywhere.



## Cost



\$1,595 Regular

\$1,395 Supported By Community

\$1,795 Supporting Community

\*Materials, meals, onsite shared accommodations included.

\*Some single rooms available for \$150 added fee.

\*Registration is confirmed upon receipt of payment.

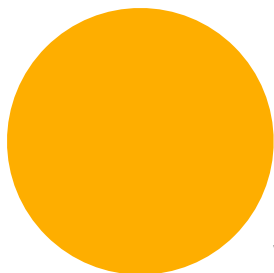
\* The Circle Way offers grants in support of Circle learning and practice.

## About the Wasatch Center, Salt Lake City, Utah

Opened in 2008, the Wasatch Center is an eco-friendly urban conference center of 26,000 square feet. It is home to the Episcopal Diocese of Utah main offices, and is a trusted partner in hosting gatherings such as ours with welcome and enthusiasm. The Wasatch Center sits on 1.39 acres in the core of Salt Lake City's downtown district, nearby to many restaurants, breweries, and other downtown attractions. Mountain hiking trails are accessible within a short drive. On the grounds, there is a plaza with a fountain, benches, and small labyrinth. All meeting rooms are spacious with much natural light. All sleeping rooms are simple, clean, and intended to encourage rest and reflection.

Note: The Wasatch Center does not operate like a hotel. There is no housekeeping staff that tidies guest rooms daily. A Harmons Grocery Store is a half block away for any needed items you may have forgotten to bring with you.

## Other Helpful Details



The Wasatch Center is a 15 minute drive from the Salt Lake City International airport.

We begin Wednesday, October 23rd, 6:00 for dinner, followed by evening circle. You are welcome to arrive to the venue anytime after 3:00 to settle yourself, grab a coffee, or walk the neighborhood.

We finish Saturday, October 26th at 12:00. Box lunches will be available. For those traveling that day by air, flights should be booked no earlier than 3:00 p.m.

This is a residential retreat with all participants staying on site. Our schedule together is meant to be spacious and communal.

## About The Conveners

We are both long-term Circle Way practitioners and appreciators. In both our individual and shared fields of work we know the foundational relevance of the relational. Together we yearn to help others in practices that nourish, that interrupt harm, that reconnect the heart, and that bring alchemy.

### Rangineh Azimzadeh Tehrani

[www.solhresolutionsinternational.com](http://www.solhresolutionsinternational.com)

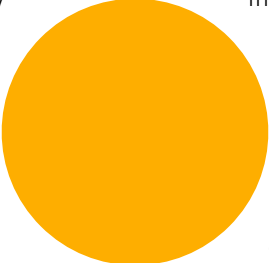
I am the daughter of Mohammad and Anna Azimzadeh Tehrani. My earliest years were rooted in Tehran where I lived with my parents and brother during the Iran/Iraq war, an experience that ultimately set the foundation for my commitment to peace and conflict transformation work. I received my B.A. in Communications Studies from Portland State University, and my M.A. in International Conflict Resolution from the Middlebury Institute of International Studies at Monterey. As part of my academic work and commitment to integration of a broader worldview, I studied Spanish, Italian, and Arabic. I also completed academic programs in Italy, Cyprus, Thailand, and Cambodia, as well as professional development programs in Palestine, Czech Republic, and Turkey.

Today, I am a Circle Practitioner, Certified Professional Facilitator®, and the Principal and Founder of Solh Resolutions International. I have 15+ years of experience facilitating deeply human spaces that center connection and community, and have worked with cross-sector organizations (domestically and internationally) ranging from community-based organizations to local governments. I live into my core values of empathy and self-awareness through my work with The Circle Way. I also continue to draw from my early experiences in Iran to inform my unique approach to conflict. My Conflict Consciousness Workshop Series creates a carefully curated container for groups to take a deeply introspective view of how and why they show up in conflict as the first steps to cultivating true transformation. I also understand the need for, and value of healing in the face of the compounding effects of systematic oppression. To this end, I curate spaces intentionally designed for healing and restoration.

### Tenneson Woolf

[www.tennesonwoolf.com](http://www.tennesonwoolf.com)

Originally from the plains of Central Alberta, Canada, I now live in South Jordan, Utah, a geography where high desert valley meets the foot of the Wasatch and Oquirrh Mountains. I'm a person that loves to kayak, ride a bike, soak in a tub, and read a novel. I'm a person that seeks to dwell in the spaces between big picture and simple day to day. I'm a dad, a new grandfather. I'm a brother, a son, a grandson, an uncle, a nephew. I'm a partner, a friend.



My work over 30+ years as a facilitator, coach, and writer — Circle Way has been my goto — has been to improve a quality of collaboration and imagination in groups, teams, individuals and organizations. I guide and teach methods that connect ways of doing with ways of being.

I'm a poet that finds enormous joy in prosing words and images to meaning. My recent poetry collections, [In My Nature](#), and, [Most Mornings](#) are available online.

I post a [daily blog, Human to Human](#), on my website, in which I offer reflection on varied aspects of participative leadership, Circle, the Art of Hosting, poetry, and human to human depth. These days, I seek to further hone and distill values, principles, and practices in a grounding story that unites inner with outer, and present moment with longer arc.

My family lineage includes Stewart, Woolf, Ross, Gould, and Brown — some grandparents and family that live in my being. My work lineages include The Berkana Institute (Margaret Wheatley), The Circle Way (Ann Linnea, Christina Baldwin), and The Art of Hosting (Toke Moeller, Monica Nissen).