PROCESSWORK UK

IN THE WORLD OF THE BODY

Processwork's approach to working with symptoms and illness

When and Where

January 25 - 26, 2019

Friday 10am - 17.30
Saturday 10.00 - 17.30
Resource for London, 356
Holloway Road, London, N7
6PA

How much

Early bird fee paid by Nov 25
2018 : 180 GBP

Regular fee: 215 GBP

Registrations

To register or for more
information please contact

admin@processworkuk.org

Facilitators

Anup Karia and Stanya
Studentova are process
oriented facilitators, trainers,
psychotherapists and
supervisors. They work with
individuals, groups and
organisations, and teach
processwork in the UK, Czech
Republic and Europe. Anup is
a co-director of
ProcessworkUK training
programme and Stanya is part
of the core faculty.

Both are passionate about
using creative means in
processes of change.

with Anup Karia and Stanya Studentova

In this seminar we will enter the world of the body and experience it in its own terms!

According to Mindell (founder of processwork) - process is continually expressing itself in different ways and trying to attract our attention (e.g. through dreams, relationship conflicts ,symptoms, addictions ..) and will repeat till we live its essence.

Processwork with body symptoms and illness is based on the idea that there is a flow of life and wisdom behind these experiences. By unfolding these we can potentially discover aspects of our deeper selves that we have forgotten, and find their meaning in relation to our individual and community life.

This workshop is for you, if you are interested in the mystery behind your body experiences and disturbances such as migraine, eczema, chronic body postures, movement patterns, or other illness..., for yourselves and/or in your work with others.

Participants will have an opportunity to work directly with us on their body experiences/symptom. We will also practice and learn some methods for working with ourselves and others, and explore the collective dimension of our body experiences