

Body Alive: Intuitive Body and Being



Weekend Program + Retreat

September 2008 – April 2009

Weekly: Monday Evenings + 1 Weekend + Retreat

September 2008 – March 2009

Mid Cape Location

Open the awareness of your body & spirit.

Body Alive is a movement-based exploration of your body's mythology. The Energetic Body and Being is a psychic-somatic program which teaches meditation and healing tools. Together they support the unfolding of your spirit embodied in an

The body's story is a natural place to begin to realize your divinity.

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CURRICULUM: Spirit and Body (taught concurrently)

Spirit

- Intuition 1- centering and boundaries
- Intuition 2- creating and destroying
- Female Alchemy 1- healing yourself with your female energy
- Female Alchemy 2- intention and female healing guides

Body

- Introduction- expressive arts and improvisation
- Explore the sections of the body
- Retreat- performance tools, advanced healing seminars
- Solo performance

Course structure

- 20% lecture • 30% physical • 30% meditation • 10% sharing
- 10% personal integration through writing and drawing

MONTHLY

DATES

Sept 13-14

Oct 11-12

Nov 8-9

Dec 13-14

Jan 10-11

Feb 7-8

Mar 7-8

Mar 29-Apr 3

Apr 11-12

FOR WOMEN

Body Alive: Intuitive Body and Being

The Body Alive: Intuitive Body and Being Program gives each woman an opportunity to explore the year long weekly healing package at an affordable rate in a more concise time period.

a year long healing package client's perspective: "In a safe setting, free of judgment, I learned multiple creative expressions to release energy from impacted parts of my body, so that each part could move and function naturally. I explored my creative potential and experienced myself and environment with all my senses, coming to accept myself."



PROGRAM PRICE IN FULL

\$500	due with sign up
<u>\$1700</u>	due at first class
\$2200	Total

PER MONTH

\$500	Due with sign-up
<u>\$250</u>	Per month
\$2500	Total

The training includes 160 experiential hours:

- 146 tools / training hours
- 8 energy tool checks (45 minutes each)
- 8 hands on healings (45 minutes each)
- 2 hour massages
- open phone office hours (one evening a week)

From the program: "I transcended unreal personal limitations through my new experiences which encouraged on-going risk-taking."

"In the program I asked myself, 'Where is my support coming from? Where does my nourishment lie?' Am I going to look at who I am or do I get distracted by sadness? It's simple. My answers are in each moment and decision.

REFUNDS: (minus \$75 registration fee
100% refund 1 Month prior to program start
50% refund 2 weeks prior to program start

No refunds beyond two weeks.

The final retreat will be created by the participants and therefore is not included in the program price.