



London School of Biodynamic Psychotherapy
(Gerda Boyesen Method) www.LSBP.org.uk

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'The Diaphragm is the Gateway to the Unconscious'

Taster Day workshop in Biodynamic Body Psychotherapy

April 10th, 2010
10am – 5.30pm
Cost: £150
Venue: LSBP

"The diaphragm is the gateway to the unconscious" - so says Gerda Boyesen. To hold back our feelings, we hold back our breath. But perhaps we do not realise we are doing that or how much of ourselves we are repressing, as we do so.

Our introductory weekend workshops are designed to give you a personal experience of the ways we work. This includes elementary Biodynamic Massage and our approach to group interaction.

We also introduce some of the basic biodynamic concepts underlying our work.

No previous knowledge or experience of psychotherapy is required. If you are considering applying for the Diploma Course, the first step is to come to an Introductory Workshop.

Registration:

Tel: 0207 263 4290 email: admin@LSBP.org.uk

LSBP is a member of UKCP

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