



"Touching the Body - Touching the Heart"
The emotional impact of bodywork
June 8, 15, 22,
6pm - 9.30pm

Three weekly meetings

Cost: £135

Venue: LSBP, 25 - 27 Bickerton Rd, London N19 5JT

Course facilitator: Carlien van Heel

An experiential workshop of Biodynamic Massage, excellent as an introduction or as Continual Professional Development.

Bodywork, be it conventional or complementary therapy, can spark emotional responses in the client. The touch seems to re-awaken 'forgotten' emotional realities, positive and negative. Practitioners should be sensitive of the emotional impact of their touch, understand it and interact with it.

Biodynamic Massage is often used within Biodynamic Body Psychotherapy, but can also be used as a treatment in its own right. It is designed to help us literally digest our stress, not just in our minds but also in our bodies.

You will learn how:

- to connect to the whole person through touch*
- Biodynamic Massage helps with emotional and physical needs*
- to respond when massage (bodywork) brings up emotions*
- Biodynamic Massage helps digest emotional and physical stress*
- biofeedback of the 'psycho-peristalsis' helps guide the massage*
- you personally deal with stress and how to treat yourself*

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