

# Postural Integration 2014

12 CPD Points per workshop with Bev Wilkinson

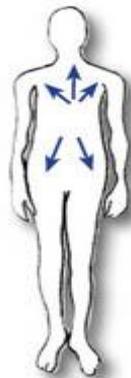


Learn how Emotions affect Physical Posture and visa versa. These Body Type workshops will assist you to discover hidden talents and patterns of behaviour that limit you. Integrating body and mind helps one to live better and manage others in a more creative way. Also ideal for parents to better understand stages of development and growth in their kids. Each of the seven weekend workshops is a stand-alone two-day event. You can attend one, or all seven; but once you attend, most delegates want to continue with them all.

## Workshop 1: Trusting Life

8 & 9 March 2014

This workshop focuses on the Sensitive/Analytic Body Type. Lack of trust is an important source of physical and emotional distress. Chances are that their breathing habits are causing a contracting chest that puts increased strain on the neck and shoulders. This can limit the natural flow of energy and keep them from growing stronger, both physically and emotionally.



## Workshop 2: Down to earth

12 & 13 April 2014

Centred around the Dependent/Independent Body Type, this workshop focuses on people with collapsing chests and for whom the legs are a crucial source of physical and emotional support. Their energy flow is often undercharged and they can feel like giving up. During this workshop you will learn how to transform a collapsed posture and feel the joy of standing on your own two feet.



## Workshop 3: Standing tall

10 & 11 May 2014

This workshop deals with the Tough/Charming Body Type, and focuses on the torso and arms. Their natural energy flow moves upward and has to compete with external forces, which push down and in on the chest and shoulders. One result of this can be bullying and manipulation. Learn how to embrace your strong leadership qualities, let others get close to you, and ditch manipulation for honesty.



## Workshop 4: Survival, power and sexuality

7 & 8 June 2014

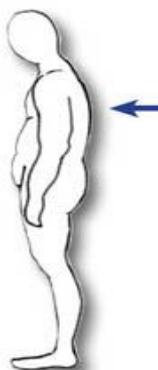
Tailored around the Dramatic/Enthusiastic Body Type, we deal with the thighs and buttocks. This Body Type has a good flow of energy that can explode in uneven, sudden bursts of enthusiasm. They might struggle focusing and get disappointed easily. Learn how to deal with separation anxiety, betrayal, ancestral influences, and sex versus love perceptions.



## Workshop 5: Centre of your world

5 & 6 July 2014

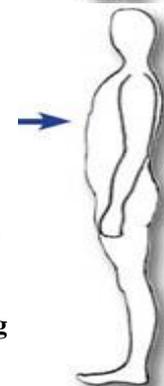
This workshop takes a look at the Compressed/Enduring Body Type, with a particular focus on the abdomen. They tend to reward themselves with food and have a lot of energy, yet so tightly clamped up that their energy has become a bogged down mass around the waist. Learn how to trust your gut feel and intuition, express your emotions, and how you thwart healthy desire.



## Workshop 6: Will power

2 & 3 Aug 2014

This workshop deals with the Industrious/Focused Body Type who are often workaholics and dynamic but face opposition head on and possible burnout. Focusing on the back they need to slow down and learn to relax and open the heart, being ever more spontaneous and authentic rather than just appropriate and concerned with pleasing others.



## Workshop 7: Coming to our senses 30 & 31 Aug 2014

The seventh and final workshop in this life enriching series, applies to all six Body Types in equal measure. Its focus is on the head and neck. All communication between the head and body has to pass through the neck. This can become a bottle neck. In repeating life cycles learn how to integrate your body and mind, and keep the connection vibrant and in sync.



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