

# Mind Body Integration

## *Therapeutic Techniques for Wholeness*

A 5-Day Experiential Course in Transformation



# Anodea Judith

## March 24 - 28, 2012

- \* Are you a psychotherapist who would like to expand beyond talk therapy and learn to address the body in your practice?*
- \* Are you a bodyworker who would like to understand the psychological issues behind your clients chronic complaints?*
- \* Are you a somatic therapist who would like to expand your skills?*

*Saturday - Wednesday*

9 - 12 pm & 1 - 4 pm

\$600 before 3/2/12

\$650 after

*30 CEU's possible for therapists,  
social workers, and yoga teachers.*

The body is the unconscious mind. Learn how to awaken the consciousness within this miraculous organism and harvest its deep wisdom for spirit and soul.

*This 5-day workshop for healers of all types will bring you cutting edge techniques for integrating mind and body. Providing a backbone of theory for somatic therapy, students will have a chance to explore new techniques through movement and self-exploration, as well as in-class demonstrations and practice with each other.*

*Topics addressed will include:*

- The energetics of charging and discharging*
- Formation and dissolution of body armor*
- Bioenergetic character structures and childhood development*
- Post-traumatic stress disorders*
- Understanding and treating trauma*
- Use of the chakra system in energetic diagnosis*
- The role of disease in transformation & the language of symptomatology*

A world-renowned expert in somatic transformation, Anodea has traveled internationally for the last 15 years teaching and lecturing. She holds an MA and PhD in psychology, specializing in somatic therapy, yoga, trauma recovery, spiritual awakening, and evolutionary activism.

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