



MIND - BODY INTEGRATION

ENERGY DYNAMICS AS A PATH TO HEALING AND ALIVENESS

WHITEHORSE, CANADA
AUGUST 17-21, 2009

*"It is not the meaning of life that we seek, so much as our aliveness.
Once we have that aliveness, the meaning of life is obvious."*

Are you a psychotherapist wanting to bring more body based techniques into your practice?

Are you a bodyworker wanting to understand the defense mechanisms lodged in your client's body armor?

Are you a person on your own healing journey, seeking greater integration and aliveness in your body and mind?

This 5-day workshop will transform how you see yourself and your work with others. Focusing on the energy that occurs at the meeting point of mind and body, this workshop will teach you how to get to the dynamic heart of any issue quickly, profoundly, and safely. Using principles from Bioenergetics, Core Energetics, Trauma recovery, Formative Psychology, and other somatic therapies, you will learn techniques that will boost your healing practice.

Details and testimonials, as well as additional workshops at:

**www.SacredCenters.com
or call 415.472.2284 for more info**

Anodea Judith, earned her Ph.D. studying mind-body therapies, and her M.A. in clinical psychology. She is a worldwide workshop leader with award-winning books about psychology, spirituality, the chakra system, and global healing, including *Wheels of Life*, *Eastern Body-Western Mind*, and *Waking the Global Heart*. This course has been taught for ten years nationally and internationally with rave reviews and life-changing results. CEU approved!

