



## ***Institute for Integrative Bodywork & Movement Therapy***

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Director Linda Hartley MA

# **Workshop Programme 2009**

**The Institute offers a programme of workshops and retreats for personal and professional development, based on principles of Body-Mind Centering®, Authentic Movement, Somatic Psychology and Yoga. The following will take place during the spring and summer of 2009.**

### **Quick, Quick, Slow**

#### **Exploring the concept of Speed in the body systems**

Tutor: Pablo Troccoli DipIBMT, ISMETA

March 21 – 22 Sat 10.30—Sun 5pm

Ashdon Village Hall, nr Saffron Walden, Essex. £120 (deposit of £60 payable when booking)

In our ever-accelerating world we can lose contact with our sense of self; the rhythms and flows of our body systems shifting as our physiology tries to keep up with the pace of our lives. Exploring the concept of speed through exercises in experiential anatomy and creative bodywork, we will find calmness in action and discover that our body has the ability to combine resources and sustain effort with precision and quality without losing the sense of ourselves in the process. This workshop is suitable for those with some experience of experiential anatomy, Integrative Bodywork and Movement Therapy or BodyMind Centering®

### **Authentic Movement & the Art of Witnessing—a 5 day retreat**

Tutor: Linda Hartley

April 15-19: Weds 10-30—Sun 4pm

The Studio, Kelling, Norfolk. £300 (incl. lunch; deposit of £100 payable when booking)

Authentic Movement is a contemplative discipline which involves a mover and a witness. The mover attends to internal impulses allowing them to unfold through movement and stillness as he surrenders to the moment; the witness creates a safe space in which unconscious material is invited to arise, attending to her own experience in the presence of the one moving. As both mover and witness seek to become present to their direct experience, moment by moment, clarity within their relationship to self and other grows. The focus of these five days will be on deepening your own movement process in the presence of others, the art of witnessing will also be taught. Those who are new to the discipline of Authentic Movement, as well as those with previous experience, are welcome to attend.

### **Centering—Yoga and Movement Enquiry**

Tutor: Beverley Nolan DipIBMT, BWY-RT

May 16 10.30—5.30

The Studio, Butts Farm, Wicken, Cambs £40 (£20 deposit payable when booking)

When we find a centre for initiating and supporting movement our body finds its own unique alignment; each yoga asana emerges from this place, fully expresses itself and then returns; integrates. As the embodiment of this place becomes more skillful, it becomes a resource to ourselves on and off the mat. This workshop includes classic postures and adaptations, hands-on bodywork and movement explorations into the concepts of Physiological Flexion and Extension and Navel Radiation. The work aims to refresh and deepen our bodily awareness in a highly personal way.

## Somatic Psychology – The Embodiment of Spirit

### A weekend of professional development

Tutor: Linda Hartley

July 3-5: Fri 10.30—Sun 5pm

The Studio, Kelling, Norfolk. £180 (incl. lunch; deposit of £100 payable when booking)

For trainees and professionals working in the fields of somatic, psychological and the arts therapies. This workshop will explore the process of embryological development, drawing upon principles of Body-Mind Centering® and Somatic Psychology. Through movement we will explore the question of what embodiment means to us as human beings.

### Authentic Movement Summer Retreat The Individual and Collective Body

Tutor: Linda Hartley

Aug 26-30: Weds 10-30—Sun 4pm

The Studio, Kelling, Norfolk.

£300 (incl. lunch; deposit of £100 payable when booking)

For those who have previous experience of Authentic Movement and are familiar with the discipline of witnessing through the channels of movement, sensation, emotion and image. In addition to deepening your own movement process and refining your witnessing skills, you will explore new forms to enable the experience and exploration of the Collective Body. The relationship between movement and language in both speaking and writing will be an integral part of this exploration.

**Devised to be both an introduction, and a deepening into the Institute's teachings,  
this programme is open to all.**

**If you require more information or are interested in booking a place please contact  
the Institute via  
Kerstin Wellhöfer  
info@ibmt.co.uk**

