

Body Resonance: A Journey in Conscious Living

This 3-part series offers a training in all aspects of our lives; supporting us to value and elevate our existence. This journey in conscious living leads us to discover the art of being ourselves and to open ourselves to the potential of our free and loving nature.

Part 1. Yourself Alone

In this first weekend we focus on you as an individual. You will be encouraged to discover your true self and to cultivate a nurturing and compassionate relationship with yourself. Authentic connection with who you really are releases inner potential and an abiding experience of inner peace.

Part 2. In Connection

In the second weekend we explore our relationship with what we experience as existing outside of ourselves. We are always in relationship in our lives: with others, with nature, with objects, with the whole world. A conscious awareness of 'how' you are with others is a valuable key towards living a life in harmony.

Part 3. Beyond the Personal

The third weekend of A Journey in Conscious Living bridges the personal with the transpersonal. We come together in a space which transcends each individual into an experience of ourselves as part of the whole.

Each workshop is experiential. Practices include grounding meditations, sound and movement, individual and group exercises. There will be time for each participant to explore personal issues.

This series of workshops is for anyone who wants to create and deepen a fulfilling relationship with themselves and others. You will be supported to develop your personal creative process offering a chance to find your essential wisdom and joy.