

Exploring Your Somatic Intelligence

19/20 November 2010

This workshop is a journey into the integrated, instinctive and intuitive intelligence within us; an exploration of our Soma - the mind, body, emotions and spirit in their wholeness.

Through various non-strenuous activities and practices you will learn about your habitual patterns of behaving and thinking; cultivating alternatives, including exploring ways to respond to the incoming pressures of life from a place of "centre" rather than from your judgements and fears.

We will work with such themes as centering under pressure, finding balance, effective leadership and followership, focusing energy, aligning body and mind to your outcomes and attuning to oneself and others.

The workshop will draw upon martial arts, mindfulness practice, Conscious Embodiment, energy work, Feldenkrais, NLP and probably a little philosophy, physiology and "other stuff".

The fundamental forces and dynamics operating in the outside world are those that are at play inside us. We will engage in conversation and simple "physical-mental" exercises to explore:

- Developing a personal "centering" practice
- The wisdom of your intuition – recognising signals
- Your patterns when under stress
- Resilience and stability under pressure
- Alignment and focus
- Boundaries not barriers
- How you tend to organise yourself when in the role of leader or follower
- The capacity to tolerate paradox and uncertainty

- Patterns and tendencies in how you bring your desires and intentions into the world
- Listening to the underlying message of others and holding the space for differences

Paul King



Paul has a long time interest in the intelligence of the body-mind and how this can contribute to the energy and health of people in all aspects of their life.

He has practiced Tai Chi for many years and is qualified in Feldenkrais (Movement Re-Education) and Polarity Therapy. He is also a certified teacher of Conscious Embodiment, an approach to somatic learning based on aikido and mindfulness. Paul is co-founder of The Beyond Partnership. He is a coach and consultant to individuals and organisations and is a NLP Trainer and is certified in Spiral Dynamics.

"If you are afraid of something become interested in it." **Wendy Palmer**

Cost

£375 + VAT

Refreshments and lunch are included in the price. "Pay it Forward" bursaries are available under certain circumstances.

Venue

Wiltshire

Booking

To book or discuss any aspect of this workshop please contact us at 01380 859106 or

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www.thebeyondpartnership.co.uk