

## LEVEL 1

April 25, 2009

12:00 - 6:00 pm

Additional dates for levels 1 - 4 are online

# Bioenergetic Body Reading

LEVEL 1

An experiential seminar about bioenergetic patterns and the way they shape people's bodies, based on the work of Alexander Lowen and Wilhelm Reich. By learning to read these "character armor" patterns in the body, we can discern the corresponding emotional and psychological patterns that shape behaviors, beliefs, and relationships.

An invaluable tool for therapists, bodyworkers and anyone who interacts with people professionally, body reading can give a great deal of clarity and insight about yourself and the people you work with and care for.

**This level 1 seminar gives insight into our basic emotional holding patterns, as they manifest in the body and breath.**

**Topics covered include:**

- Overview of basic bioenergetic concepts.
- Energy flow in the body - from core to periphery and back again.
- Introduction to armoring and character structure.
- Exploration of the four emotional states and related 'feeling pairs': fear/trust, anger/love, pain/pleasure.
- Essential keys for reading - learn to access the clarity and compassion of the heart to understand the messages of the body.
- Sample Body Reading and peer practice.
- The Alchemy of Transformation - revealing the hidden treasures within our bioenergetic structures.



### Sunrise Center

645 Tamalpais Dr, Corte Madera  
Sliding scale \$50 - \$90

### About Deepika Sheleff

Deepika offers sessions and classes in a variety of body-centered healing techniques, including neo-Reichian Pulsation breathwork, energy healing, body reading and active meditation. She creates an environment of loving support, giving space for each person to discover his or her unique truth. She is especially interested in ways to integrate spiritual wisdom and emotional honesty into daily life. Deeply rooted in a practice of active meditation, she is dedicated to helping people discover their true nature and live with authenticity, passion and awareness.