Rendezvous with your Self

6 day Bioenergetic Analysis workshop in Crete, Greece

Dates

21st - 28th September 2019
16th - 23rd May 2020
10th - 17th October 2020

Location

Seminar Center MetaCom,
Paleochora - Anidri, **www.meta-com.de**

Working times

Sunday – Friday: 09.30 - 13.00, 16.30 - 19.30,
Two days only 09.30 - 13.00

Price

1049,00 € including 7 nights in a double room, breakfast and dinner every day

Language

English, German,
participants need to be able to communicate in English

Olaf Trapp
Certified Bioenergetic Therapist (CBT)

Trained in 1994-98 by NIBA Germany, training Analyst since 2007, Massage therapist, TRE provider, former President of the European Federation for B.A., member of the South German Institute for B.A. (SGfBA), EABP full member, influenced by the instroke work of Will Davis, 35 years experience in bodywork, working in private practice with an emphasis on early disorders and psychosomatics.

Member of the International Institute for Bioenergetic Analysis (IIBA)

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On the body level we often find ourselves tensed in different kinds of body tissue, which can reflect a conflict between the desire for love and contact and the fear of letting love in.

This workshop will invite secret parts of the Self, which contains the beautiful essence of the person, to be touched again. As a second step this vulnerable parts need to be protected, to get positive feedback and encouragement, in order to take a more central role within our personality.

Relational Bioenergetic Bodywork within a group setting of safety will help us to bridge the sense of separation we feel within ourselves and between ourselves and others.

To love a person means to see him as God intended him to be

Fyodor M. Dostoyevsky

This workshop will be self- experiential, it is limited to a maximum of 12 participants.

The seminar center MetaCom is located between Paleochora and the peaceful village Anidri.