



## **A day of Continuum for Psychotherapists** **Somatic journeying, resourcing and supervision** **24 January, 2015, London**

This one day workshop offers psychotherapists a space to explore the impact that their work has on the body-mind system through the enquiry of Continuum and to engage in a process of self care and personal development.

Using Emilie Conrad's profound insights into the realm of fluid intelligence, you will be encouraged to utilise this somatic protocol to explore the body unconscious and drop beneath the habitual patterning of the nervous system.

A deeply restorative day is intended and an opportunity to engage with the creative process in order to nurture and sustain the primary resource of the body-mind instrument that is so fundamental to our work.

*Continuum is an innovative practice that incorporates subtle and intrinsic movement with breath awareness and play to encourage our somatic intelligence to emerge. Our body-mind is a continuous flow of life and our transition from watery existence to life on land gifted us with layers of bio-intelligence that reside in our cellular structure, fluid bodies, layers of tissue. Our ability to resource our self fully is directly linked to our ability to access this somatic presence; to innovate, create and explore through our body-mind connection.*

### **Workshop facilitators:**

**Paul Harris MA UKCP** is an Integrative ( Somatic Arts ) Psychotherapist and Primary Supervisor at the Institute for Arts in Therapy and Education. He has completed the Continuum Movement Practitioners Programme. He is profoundly interested in the body, creative process and transformation as well as sustainable wellbeing practices as they relate to the healing arts and every day life. For more information on Paul's work go to: [www.ahimsa-associates.com](http://www.ahimsa-associates.com)

**Jane Okondo MA, RSMT, RCST** is an authorised Continuum Movement teacher and practitioner, Somatic Movement, Integrative Breath and Biodynamic Craniosacral therapist. With 20 years of experience in practice and teaching her focus of inquiry is on the connection between breath, somatic patterns, and fluid body dynamics and how this supports the inter-relationship between awareness, body mind, and our emergent self-expression. For more information on Jane's work go to: [www.lovesbody.co.uk](http://www.lovesbody.co.uk)

### **Workshop information:**

The day will last from **10h30 until 17h00** and will cost **£75** per person. If you are interested in participating in this workshop, please make cheques payable to ' Ahimsa Associates Ltd ' and send to the following address:  
**Ahimsa Associates Ltd: 264 Oak Square, Stockwell, London, SW9 9JW ( Tel: 0790 4982697 )**

There will be a maximum of 6 participants. Please bring a light lunch and wear comfortable clothing. The Synchronicity Studios is located at 157a, Hubert Grove, Clapham North, London SW9 9NZ.  
[www.synchronicitylondon.com](http://www.synchronicitylondon.com)

For more information on Continuum go to: [www.continuummovement.com](http://www.continuummovement.com)