

# Body Work Practicum

Date:

As you know, **The Phoenix Centre** is deeply involved in the BodyMindSpirit connection. We are engaged in a process of exploration, designed to expand our repertoire of skills and understandings. Our focus is an amalgam of the best of Eastern and Western thinking.

Our process takes advantage of the understandings of the Human Potential Movement, Existentialist and Transpersonal Psychotherapies, and Body Work of several stripes and flavours. We work with the traditional Eastern approaches of Acupressure / Acupuncture theory, Chakra theory and Jin Shin Acupressure, as well as the learnings of the Western Body Work approaches. We have recently been exploring the use of scent and sound as an adjunct to our Body Work.

Our Body Work Practicum is a logical extension of our Body Work Introductory Weekend, Basic Body Consciousness (BBC) and Advanced Body Consciousness (ABC). This weekend course is a pre-requisite for the Body Work Practicum.

In the Practicum, you will learn and practice:

Finding and using the specific points we use for Body Work releases.

How, where and how deep to press on release points.

How to focus your chi and to help your client to focus theirs.

Finding and using acupressure point for tonifying or sedating chi.

How to balance chi.

How to balance Chakra energy.

How to help the client move Chakra energy safely.

Dealing with emotional release, what to say and do.

The use of scent and sound.

Dealing with ethical issues.

And much, much more!

This program will be of special interest to counsellors, body workers and those involved in the Human Potential movement's view of holistic psychotherapy. It will be of interest to people who wish to assist others in their releasing and healing process.

Date: Friday, from 7:30 to 9:30, Saturday, from 9 to 5, Sunday, from 9 - 5

Cost: \$200.00 plus GST

Location: Wayne and Dar's, 94 Arthur Street South, Elmira, Ontario

To provide hands on training, this program is limited to 8 participants. Sign up early!

**Call 519-669-8880 or 1-800-220-7749  
or e-mail Wayne at [wcallen@rogers.com](mailto:wcallen@rogers.com)  
to reserve your place. And do it today.**