

# Learning from the Voice of Your Body:

Your body reflects who you are, and tells the story of your life. Pain and illness is your body saying what your voice cannot say.

## Bodywork workshop with Wayne & Darbella

**Wayne C. Allen (psychotherapist, Phoenix Centre) and Darbella MacNaughton present an inward journey that leads to a change in your outward approach. We explore where you are stuck, what patterns of thought and behaviour exist, and how you hold your pain, tension and hurts in your body.**

### **Day 1: BBC** (Basic Body Consciousness)

- You'll learn that tension headaches, irritable bowel, sleeplessness, stresses, ulcers and general aches and pains are signs that your body is holding on to past hurts, fears and traumas.
- We will look at the muscular holding patterns you have developed, which restrict and act upon the energy flow in your body.
- We will explore specific techniques designed to restore the flow of energy while loosening "body armour" through Bodywork.

### **Day 2: ABC** (Advanced Body Consciousness)

- (Pre-req: BBC or permission from Wayne)
- **Body Reading:** learning to see your own and others' bodies in the framework of Body Armouring and Holding.
  - You'll learn pressure release techniques, based upon Acupressure points, and will have a chance to practice them. We'll work on posture, flexibility and movement, all geared towards helping you to loosen old holding patterns and free yourself up for a change.

## September 10th and 11th, 9am-4pm

Two Days workshop, you can attend just Saturday or Saturday and Sunday  
Early Bird Price (before Sept. 1st): \$75 for Sat only, \$120 for both days Plus HST  
Regular Price: \$95 for Sat only, \$145 for both days, Plus HST

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