

Postural Integration

with Bev Wilkinson



Understanding your Body Type and those of people you know, will help you live better and handle others in a more creative way. This will help you recognise who you are and empower you to break free from your negative habits and unleash your true potential.

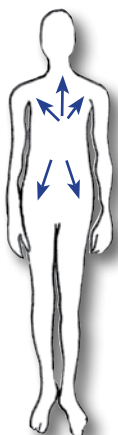
Seven intensive, action-packed workshops will help you discover these hidden talents and open yourself to untapped possibilities.

Through the power of Psycho-Somatic Release, and using your knowledge of Body Types, you will be able to release chronic stress, let go of traumatic past experiences, shift from a victim mentality to one of empowerment, and find a renewed sense of freedom and purpose.

Workshop 1: Trusting your Life Force

16 & 17 April 2011

This workshop focuses on the Sensitive/Analytic Body Type, **people for whom lack of trust is an important source of physical and emotional distress.** If you belong to this body type, chances are that your breathing habits are causing a contracting chest that puts increased strain on your neck and shoulders. This can limit your natural flow of energy and keep you from growing stronger, both physically and emotionally.



Workshop 2: Coming down to earth

14 & 15 May 2011

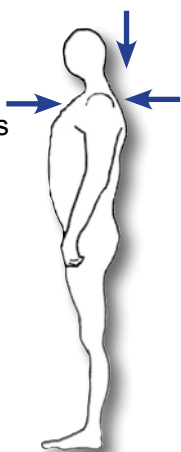
Centred around the Dependent/Independent Body Type, this workshop will be particularly helpful to people with collapsing chests and for whom the legs are a crucial source of physical and emotional support. For them, the energy flow is often undercharged and they can feel like giving up. **During this workshop you will learn how to transform a collapsed posture and feel the joy of standing on your own two feet.**



Workshop 3: Standing tall – how to give and get

18 & 19 June 2011

This workshop deals with the Tough/Charming Body Type, and focuses on the torso and arms. If you belong to this Body Type, your natural energy flow moves upward and has to compete with external forces, which push down and in on your chest and shoulders. One result of this is that you can be bullying and manipulative. **Learn how to embrace your strong leadership qualities, let others get close to you, and ditch manipulation for honesty.**



Workshop 4: Survival, power and sexuality

16 & 17 July 2011

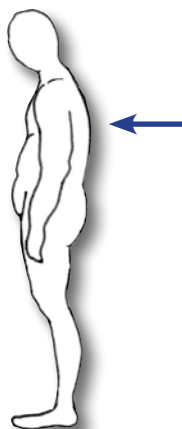
Tailored around the Dramatic/Enthusiastic Body Type, the fourth workshop in the series, deals with the thighs and buttocks. This Body Type has a good flow of energy that can explode in uneven, sudden bursts of enthusiasm. You might struggle focusing and you might get disappointed easily. **Learn how to deal with separation anxiety, betrayal, confront your ancestral influences, and ponder your sex versus love perceptions.**



Workshop 5: Centre of your world

20 – 21 August 2011

This workshop takes a look at the Compressed/Enduring Body Type, with a particular focus on the abdomen. If you are part of this Body Type, you might reward yourself with food and have a lot of energy, yet so tightly clamped up that it has become a bogged down mass around your waist. **Learn how to trust your gut feel and intuition, express your emotions, and how you thwart healthy desire.**



Workshop 6: Will power and what's behind us

17 - 18 September 2011

This workshop deals with the Industrious/Focused Body Type and will be of particular interest to those of us who are workaholics and dynamic but face opposition head on and possible burnout. Focusing on the back of the body, we will be helping you to back off, **slow down and learn to relax and open your heart, being ever more authentic rather than just appropriate.**



Workshop 7: Coming to our senses

15 – 16 October 2011

The seventh and final workshop in this life enriching series, applies to all six Body Types in equal measure. Its focus is on the head and neck. No matter what your Body Type, where you come from, or what you do, all communication between the head and body has to pass through the neck. This can become a bottle neck. **Learn how to integrate your body and mind, and keep the connection vibrant and in sync.**



WHO WOULD BENEFIT

Everyone interested in personal growth, but particularly those already working with people: psychologists, physiotherapists, human resource personnel, public relations personnel, homeopaths, chiropractors, team managers, facilitators and consultants.

*To provide the necessary attention to each individual's physical and emotional needs, only **25 delegates per workshop** will be accepted. Each workshop will be hosted by Beverley Wilkinson, assisted by 5 highly qualified Postural Integration practitioners.*

Each of the seven weekend workshops is a stand-alone two-day event.

You can attend one, or all seven. It's your choice.

However, if you wish to ultimately qualify as a Postural Integration Practitioner, you must attend all 7 workshops and a further intensive two year training. Preference will be given to delegates who attend all seven workshops for a more holistic experience. Postural Integration sessions with accredited practitioners can be arranged between workshops as wanted.

- TIME:** 8h30 for 9h00 to 17h00
- VENUE:** Stillpoint Country Haven, 244 Cladon Ave, Chartwell Estates, Johannesburg
- PARKING:** Secure parking available at the venue
- COST:** R1500 per two-day workshop
- INCLUDES:** Arrival refreshments, mid morning snack, lunch and mid afternoon snack

WORKSHOP BOOKINGS: Please confirm your attendance for the workshops and any special dietary requirements with Rachel Rusznyak at rachelr@telkomsa.net or 082 684 3852

Accommodation: (if required) Book directly with Stilpoint: res@ebhotels.co.za or contact Marlet on 086 111 5162

Special rates
Bed & Breakfast sharing R350 pp
Bed and Breakfast single R450 pp

FURTHER INFORMATION

If you would like to know more about how this unique and powerful style of bodywork can transform you, please contact:

Beverley Wilkinson on **011 673 5217**, or bgw@mweb.co.za

or consult our international website on www.icpit.info and our local website at www.posturalintegration.co.za

Please pass this on to people who you think would also be interested.

Bookings will be secured on a first come, first served basis