



Listening to the Messages from My Body

Decoding the messages from your body to know yourself better

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Discover how being attentive to your body is a source of greater self knowledge.
- Progress in the analysis and understanding of your psychological and felt experiences.
- Learn a simple method of being present to yourself.

WORKSHOP OUTLINE

- *Part 1 – Themes covered concerning the analysis of sensations*
 - Types of sensations (distinction between physical sensations and sensations with psychological content)
 - Distinction between “sensations” and “memory of sensations”
 - Observing and describing sensations
 - Exploring sensations
 - In depth analysis
- *Part 2 – Themes covered concerning non verbal analysis*
 - Messages from the body: listening to them and receiving them
 - Expression before yourself and for yourself
 - Expression before a group
 - Expression in a relationship
- *Synthesis and action plan*

WORKSHOP PROCESS

This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

CONDITIONS FOR PARTICIPATION

This workshop is open to all adults. It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.