



My Body and My Personal Growth

The body's role in personal wholeness

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Know yourself more in depth by observing the elements which make up your relationship with your body,
- Discover the place and role of your body in your personal growth in order to improve your relationship with your body as well as creating unity in your whole person.

WORKSHOP OUTLINE

- *Part 1 – The elements that make up my relationship with my body*
 - My body image
 - The history of my relationship with my body
 - My body's own language
 - My body's needs
 - My sexuality
 - My body's energy reserves
- *Part 2 – The place and role of my body in my personal growth*
 - Managing my body's energy
 - My body's place and role in my decisions
 - My body's role and psychological wounds
- *Part 3 – Unifying my whole person*
 - I am an embodied being

Action plan and final inventory

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 deeply disturbed individuals, or for individuals in therapy, except with approval from their therapist.