



Bioenergetics Analysis Workshop

Darłówek, 9 January – 11 January 2009

Healing through the Body

Workshop of Personal Development - Healing through the Body

9-11.January 2009 in Poland



Unique possibility of learning the basic principles of Bioenergetics of Dr. Alexander Lowen and Dr. Frank Hladki from US, on the workshop lead by John Yong the Director of Alexander Lowen Foundation, who especially for us will come from the USA.

The workshop is for :

- psychologists
- psychotherapists,
- people interested In personal development,

The workshop will take place in Darłówko on the Baltic Coast in a Pension House 150 m from the Baltic Sea, 36 km from Koszalin , from 9-11 th of January. The rooms are for 2/3 persons with a bathroom, TV, board: breakfast and dinner-supper is included, www.domnafali.nadmorzem.com

The leader of the workshop – John Yong

John Yong comes from Hong Kong, lives in USA. John Yong is on the Board of Directors of The Alexander Lowen Foundation. John has been involved with bioenergetics for over 25 years having regular individual therapy sessions at the IIBA headquarters in New York for 15 of those years either with Dr. Lowen or Dr. June Gray. He was a regular at most of the Pawling Workshops since 1988 with Dr. Frank Hladky and Dr. Lowen. He has attended numerous workshops with Dr. Frank Hladky at his homes in Truchas, New Mexico and Tulsa, Oklahoma. John also completed 6 years of training with the at large training group led by Anna Miller and Frank Hladky and graduated in 2002. He led workshops in Bogota, Colombia and San Juan Puerto Rico, a number of workshops in Fredericton Canada and Tulsa Oklahoma, Taos N.M., Costa Rica. He works with issues of emotional growth and he perceives and

uses his intuition to see, hear and help people to work with -"I have witnessed the evolution of the Bioenergetics movement and hope to guide its growth". His expertise is in leading bioenergetic groups by utilizing a unique way of integrating group members energetically into the bioenergetic process while an individual is receiving a session .

John describes what makes bioenergetic therapy different from other therapies:

In "a lot of talk therapy, you can talk yourself out of the body issues. But the body does not lie. ...we can't cheat the body. The mind can cheat other minds, but the body can never cheat."



The fee and reservation

The workshop is in English translated into Polish. The fee for the workshop is 1650 zł – 450 Euro (the price includes: board and accommodation) . In the Bioenergetic Centre „ Dom na Fali” w Darłówku. The confirmation of participation in the workshop is sending 800 zł -250 Eur in advance on the bank account. :
Ośrodek Bioenergetycznej Pracy z Ciałem, Pomocy i Edukacji Psychologicznej,
Joanna Olchowik,
Citi Handlowy 37 1030 0019 0109 8530 0019 9471

Information:

The organiser of the workshop is The Centre of Bioenergetic Body Work, Counselling and Psychological Education , Joanna Olchowik.

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piątek 9.01.2009

- 8:00 - breakfast
- 9:00 – 13:00 -workshop
- 13:00- 15:00 - break for lunch
- 15:00-19:00 – workshop
- 19:00 – dinner-supper

sobota 10.01.2009

- 7:00-8:00 – bioenergetic exercises
- 8:30 - breakfast
- 9:00- 13: 00 - workshop
- Break for lunch
- 15:00-19:00 – workshop
- 19:00 – dinner-supper

Niedziela 11.01.2009

- 7:00-8:00 – bioenergetic exercises
- 8:30 - breakfast
- 9:00- 13: 00 - workshop
- 13-15:00 break for lunch
- 15:00 –18:30 workshop
- 18:30 – closing the workshop
- 19:00 – dinner-supper