



BALANCING THE CHAKRAS

28 & 29 Oct 2017

14 CPD HOURS

An experiential, transpersonal workshop for effective physical, psychological and spiritual interventions.

The chakras have been described as centres of organisation for the reception, assimilation, transformation and expression of life energy.

The ancient chakra system can be used as a map for the process of individuation. The chakras are formed throughout childhood, and traumas occurring during that time can cause an imbalance in that chakra.

When the chakras are out of balance, the liberating and manifesting currents of the life force are blocked. This means we become stuck in repetitive patterns of behaviour, either focusing excessively on a particular type of energy or spending a lot of time avoiding it.

What you'll learn

Drawing upon the works of Anodea Judith, Arthur Avalon, Carolyn Myss and others, we will discuss each chakra in turn, examining the types of issues that can cause excess or deficiency in that chakra. We will explore:

- *what the life force is*
- *what chakras are*
- *when they develop*
- *what their purpose is*
- *how they become imbalanced*
- *how to recognise chakra imbalances*

• *how to balance chakras using physical techniques, psychological interventions and spiritual practices.*

By the end of the weekend, you will have your own 'chakra map' and you will leave the workshop with the tools to be able to continue the work you started during this workshop.

Who can attend?

Those studying psychotherapy or counselling, or if you're simply interested in personal development, this workshop is for you. All welcome.

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Preparation for workshop

Please wear comfortable clothes, bring a yoga mat if possible.

The venue

CCPE, Beauchamp Lodge,
2 Warwick Crescent,
London, W2 6NE.

The dates

28 & 29 October 2017

The times

10am ~ 5pm

The cost £210

How to book

To reserve a place, let me know you'd like to attend and I will send you an invoice with payment details. Either pay the full amount or a fifty percent deposit (£100 of this is non-refundable and not transferable to another workshop unless there are serious extenuating circumstances).

Balance required by 21 October 2017.

CPD

This workshop will count for 14 hours continuing professional development for re-accreditation.

Lynn Somerfield

I worked in the advertising industry for around 20 years before changing careers. On the way to becoming a psychotherapist I studied for Diplomas in Anatomy & Physiology, Holistic Massage, Advanced Massage, Indian Head Massage, Clinical Aromatherapy and Reflexology. A period of study at the Centre for Counselling and Psychotherapy Education (CCPE) followed, graduating in 1998 with a Diploma in Transpersonal Psychotherapy and going on to obtain an MA in Transpersonal Psychotherapy, Diplomas in Supervision, Advanced Psychotherapy and EMDR Parts 1,2 and 3.

My main areas of interest when working with clients are gestalt, process-oriented work and working with the body - breath, sound, movement, etc.

I am currently interested in sensorimotor psychotherapy and I am training in Rhythmic Movement Therapy, which assists with integrating primitive reflexes.

I practise in London as a psychotherapist for individuals and couples, I am a qualified clinical supervisor. I am a tutor and facilitator at CCPE, a large psychotherapy training institute in Central London.

I run regular weekend workshops on a variety of topics ~ please visit my website for more information (see below).

Numbers are limited due to room size.

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