



## **Hakomi Workshop - Sunday 14<sup>th</sup> November 10-4pm**

### **At Hamblin Hall, Bosham House lead by Liz Shelley**

This introductory workshop is designed for both professionals who might be interested in the use of mindfulness, body-awareness and non-violence in psychotherapy, as well as individuals interested in deepening their self-awareness.

Hakomi is a gentle form of body centred psychotherapy that uses assisted self-study to help individuals explore their way of being in a gentle and safe environment.

In the workshop we will;

- Learn how to be with our 'present moment experience' and deepen our capacity for 'mindfulness.'
- Begin to understand our habitual responses and start to choose more nourishing ways of relating to ourselves.
- See how we can use these experiences in daily lives, in our relationships with others both personally and professionally.

Participants will find out about Hakomi through a variety of experiential practices (mainly in pairs or in small groups). The insights obtained will gently help cultivate more self-awareness and understanding, leading to qualities of personal freedom and creativity, and a genuine appreciation for oneself and others. You'll begin to learn and practice some simple yet powerful ways to respond more effectively to suffering.

The Hakomi Experiential Method is based on the work and creative genius of Ron Kurtz. For more information: [www.ronkurtz.com](http://www.ronkurtz.com), [www.hakomi.co.uk](http://www.hakomi.co.uk) and [www.hakomi.com](http://www.hakomi.com)

The workshop will be held at Hamblin Hall, Bosham House, Nr Chichester, West Sussex PO18 8PJ. Follow the link for directions: [www.thehamblintrust.org.uk/](http://www.thehamblintrust.org.uk/)

**Cost: £45/£30 students, OAP's & unemployed**

Tea, coffee and biscuits are included. Please bring food to share for your lunch.

To Book: Please complete the form overleaf and send a cheque for the full amount, made out to Liz Shelley and remember to include your name, address, email and contact phone number.

A CPD certificate of attendance will be available for those who would like one.

# Liz Shelley: Hakomi Workshop

## *Booking Form*

Sunday 14<sup>th</sup> November 2010, 10- 4 pm  
Hamblin Hall, Bosham House, Nr Chichester, West Sussex. PO18 8PJ.

I would like to book .....places.

**Name:**

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**Address:**

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**Postcode:** .....

**Telephone No.** .....

**E-mail address:** .....

Cost for the full day is £45 per person or £30 concession if you are a student/  
unemployed etc.

I enclose a cheque/postal order for £.....made payable to Liz Shelley.

**Please return to: Liz Shelley: 1 Staunton Road, Havant, Hants PO9 1NH**