

Gestalt in Chicago

www.TheForeSightGroup.org

&

The Gestalt Institute of Cleveland

www.GestaltCleveland.org

Presents

Our Presence as an Interactive Event

Trainer: Michael C. Clemmens, PhD

Date: December 10-11, 2011

Venue: Skokie, IL

Fee: \$250.00

Presence is the event of this moment embedded in our physical, emotional relational and energetic flow. How do we create ourselves in this moment? We do this in the minute gestures, adjustments and the resonance we experience in ourselves and others. In this workshop we will explore our own presence and interplay with others as a dialogue of “dance” within and between us.

We will explore and expand our presence through movement, breath and sensory attunement to the “field” of our interactions. Particular attention will be paid to how we can explore the range of our presence, developing new “dance” steps and skills beyond our habitual pattern. This developing awareness is invaluable to all who are interested in a relational therapeutic practice.

Some practices we will explore are:

- **Creating and inhabiting internal space**
- **Using breath to support our movement into the world.**
- **Exploring how we can do use our spine and body structure to support ourselves and impact others.**
- **Re-experiencing our own embodied history as part of our present style of interacting.**

Fee reductions are available for full-time students and financially distressed professionals.

Package rates are available for those who register for both the master class and the “Presence” workshops.

To Register: E mail to leswyman@theforesightgroup.org or call 216 382 5077

See www.theforesightgroup.org for other events in the Chicago area.

Registration deadline: November 26

Questions? Contact Les Wyman at leswyman@theforesightgroup.org

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