

Equilibrate

Equilibrate - to bring to the state of equilibrium again

With many opportunities for active participation and deep reflection, the days provide a chance to equilibrate, refresh and update. We will explore the topic of languishing – a word to describe the state so many of us have experienced during the pandemic.

Modalities include sandplay, symbol work, meditation, expressive-drawing and movement. To participate you will need the following materials: sandtray or fabric, symbols, cards, and drawing materials. A private space, free of interruptions as you'll be working with each other and their privacy as well as yours supports safety and freedom to express.

A zoom link will be sent prior to each day.

Thursday 11th November 2021

Back to Basics

- Languishing – what is it?
- Colour, line and shape – to express, process and integrate
- Hands in the sand for somatic connection
- Posture and Movement – messages from the body
- Uncovering your natural goodness (Tara Brach 2021)

Monday 29th November 2021 – The Art of Zooming

- Languishing and Flourishing
- The Art of ET Zooming
- Modalities for zoom – Meditation, Metaphor, Movement, Music
- Expanding your field of perception – working in pairs and triads
- Trusting the Gold (Tara Brach 2021)

Daily Session Times

Session 1: 9am - 11am

Session 2: 11.30am - 1.30pm

Session 3: 2.30pm- 4.30

Investment: choice of one day \$190 or two days \$340

Please note, as this is not advertised with PACFA and ACA for PD points.

REGISTER: EQUILIBRATE

Name:

Phone:

Email:

Day One: Thursday November 11th \$190

Day Two: Monday November 29th \$190

Both Days: \$340

Circle your preferred option

An invoice will be sent on registration.