



You are invited
to explore
**BIOENERGETICS
IN ACTION**

In this two-part workshop
you will experience:

- *Grounding Exercises*
- *Breath Work*
- *Expressive Exercises*
- *Dyad work*

Bioenergetic Exercise addresses breathing and chronic muscular tension through a variety of movements, postures, and exercises. These exercises can facilitate change on a deep body level, increase your ability to experience pleasure, and help you deepen your relationship to yourself, to others, and to the world around you.

**SOUTHERN CALIFORNIA
INSTITUTE FOR
BIOENERGETIC ANALYSIS**

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www.bioenergetics-sciba.org

TWO SATURDAYS:
MARCH 24 and
APRIL 28, 2012

LOCATION:

National University
11255 N. Torrey Pines Road
La Jolla, California 92037

FEE:

FREE for Therapists, Students and
Bodyworkers

TIME:

9:30 a.m. - 12:30 p.m.

Groups will be facilitated by Certified Bioenergetic
Therapists (CBTs).

TO REGISTER:

Contact Jan Parker, Ph.D. at jparker@nu.edu

**Do you want to learn more about
Bioenergetic Therapy?** This
workshop will discuss how
Bioenergetic exercises are chosen and
facilitated based on an assessment of
individual responses from group
members.