

Postural Integration

with Bev Wilkinson



Seven intensive, action-packed Body Type workshops that will help you discover hidden talents and open yourself to untapped possibilities. Integrating body and mind will help you live better and handle others in a more creative way. Each of the seven weekend workshops is a stand-alone two-day event. You can attend one, or all seven. It's your choice.

Workshop 1: Trusting Life

3 & 4 March 2012

This workshop focuses on the Sensitive/Analytic Body Type. **Lack of trust is an important source of physical and emotional distress.** Chances are that their breathing habits are causing a contracting chest that puts increased strain on the neck and shoulders. This can limit the natural flow of energy and keep them from growing stronger, both physically and emotionally.



Workshop 2: Down to earth

7 & 8 April 2012

Centred around the Dependent/Independent Body Type, this workshop focuses on people with collapsing chests and for whom the legs are a crucial source of physical and emotional support. Their energy flow is often undercharged and they can feel like giving up. **During this workshop you will learn how to transform a collapsed posture and feel the joy of standing on your own two feet.**



Workshop 3: Standing tall

5 & 6 May 2012

This workshop deals with the Tough/Charming Body Type, and focuses on the torso and arms. Their natural energy flow moves upward and has to compete with external forces, which push down and in on the chest and shoulders. One result of this can be bullying and manipulation. **Learn how to embrace your strong leadership qualities, let others get close to you, and ditch manipulation for honesty.**



Workshop 4: Survival, power and sexuality

2 & 3 June 2012

Tailored around the Dramatic/Enthusiastic Body Type, we deal with the thighs and buttocks. This Body Type has a good flow of energy that can explode in uneven, sudden bursts of enthusiasm. They might struggle focusing and get disappointed easily. **Learn how to deal with separation anxiety, betrayal, confront ancestral influences, and ponder sex versus love perceptions.**



Workshop 5: Centre of your world

30 June – 1 July 2012

This workshop takes a look at the Compressed/Enduring Body Type, with a particular focus on the abdomen. They tend to reward themselves with food and have a lot of energy, yet so tightly clamped up that their energy has become a bogged down mass around the waist. **Learn how to trust your gut feel and intuition, express your emotions, and how you thwart healthy desire.**



Workshop 6: Will power

28 - 29 July 2012

This workshop deals with the Industrious/Focused Body Type who are often workaholics and dynamic but face opposition head on and possible burnout. Focusing on the back they need to **slow down and learn to relax and open the heart, being ever more spontaneous and authentic rather than just appropriate and concerned with pleasing others.**



Workshop 7: Coming to our senses

25 – 26 Aug 2012

The seventh and final workshop in this life enriching series, applies to all six Body Types in equal measure. Its focus is on the head and neck. All communication between the head and body has to pass through the neck. This can become a bottle neck. **Learn how to integrate your body and mind, and keep the connection vibrant and in sync.**



WHO WOULD BENEFIT

Anyone interested in personal growth and learning how to handle other people more creatively. Particularly those already working with people: psychologists, physiotherapists, human resource personnel, public relations personnel, homeopaths, chiropractors, team managers, life coaches, facilitators and consultants.

Only 20 delegates per workshop will be accepted. If you wish to ultimately qualify as a Postural Integration Practitioner, you must attend all 7 workshops and a further intensive two year training with a 3rd year under supervision.

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| TIME: | 8h30 for 9h00 to 17h00 |
| VENUE: | Stillpoint Country Haven, 244 Cladon Ave, Chartwell Estates, Johannesburg |
| PARKING: | Secure parking available at the venue |
| COST: | R1500 per two-day workshop |
| INCLUDES: | Arrival refreshments, mid morning snack, lunch, mid afternoon snack and manual |

BOOKINGS: WITH: **Bev Wilkinson at bgw@mweb.co.za or 011 673 5217 or 072 204 6075**

Testimonials:

"I have been doing personal development work for over twenty years before I found PI. In the second session, Bev accessed a very painful and traumatic memory stored in my body. I was convinced that I had worked through the incident, yet something profoundly emotional was still lurking in my body. I am convinced that what I do as a psychologist and coach is not enough. In order to really process unfinished business you need to incorporate body work to access more deeply buried trauma that still influence your being in the world." **Retha Els Psychologist** De Nova Consulting 082 852 3231

"Congrats to you Beverley on an excellent workshop. Postural integration is truly a mind-body therapy of the future. It is not enough to merely understand the concepts presented, one must experience bodywork to appreciate its far reaching effects, and this certainly occurs in these workshops. Your workshops offer a much needed insight into how our bodies and minds are intimately connected and how our inner psychology affects our posture, movements and even our body shape."
Dr Mike Anderson Chiropractor 011 453 8646

"I attended the Postural Integration Workshops run by Beverly Wilkinson during 2011. The work and learning I received on the 6 body types relating to the mental, emotional and physical bodies is a tremendous help as an integral coach. It supports and integrates with the way in which I work with my clients. I highly recommend that coaches attend these workshops to build a deeper understanding of how our bodies reflect the experiences and messages that a human being internalises from conception to six years of age."
Bronwyn Allan Certified Integral Coach 011 447 6764

"Coaching is a somatic experience. I greatly recommend this exceptional experiential workshop facilitated by Bev, specially If you need to develop your somatic awareness and learn the needs of different body types." **Alain Willem Talent Coach** 011 788 6141

Accommodation: Book directly with Stillpoint:
(if required) res@ebhotels.co.za
or 086 111 5162

Special rates
Bed & Breakfast sharing R425 pp
Bed and Breakfast single R525 pp

FURTHER INFORMATION

If you would like to know more about how this unique and powerful style of bodywork can transform you, please contact: Beverley Wilkinson on **011 673 5217**, or bgw@mweb.co.za or www.icpit.info and www.posturalintegration.co.za

Please pass this on to people who you think would also be interested.

Bookings will be secured on a first come, first served basis