

ExPANDING your ALIVENESS!

A workshop in Bioenergetic Therapy

With its roots in traditional psychotherapy, Bioenergetic Therapy addresses psychological problems through an integrated body/mind approach. It incorporates body awareness, guided movements, and expressive exercises along with talk therapy. The therapy helps people free energy previously blocked enabling a greater feeling of aliveness and greater potential for enjoying life. The workshop will give you an opportunity to learn about Bioenergetic Therapy and to expand your self-awareness and self-expression in the context of a supportive group environment. The workshop includes group exercises, theoretical discussions and an opportunity for individual work, as time allows.

This workshop will focus on:

- *Increased awareness of chronic muscular tensions*
- *Authentic self-expression and emotional release*
- *Exercises to practice on your own*

Saturday, March 15, 2008

1:00 – 5:15 PM

Location: Gloucester, directions available upon registration

To register or for questions call:

Massachusetts Society for Bioenergetic Analysis
(617) 876-3652

or: Laurie Ure, LICSW 978-283-6733

Fee: \$60.00 (Some reduced-fee scholarships available)

Instructors: Laurie Ure, LICSW, Certified Bioenergetic Therapist & Judy Silvan, LICSW, Certified Bioenergetic Therapist

For more information visit: www.massbioenergetics.org

4 CEU credits available for Social Workers

