

Awakening Soul's Body:
Introducing Authentic Movement, Dreamdancing®, and Jungian Depth Work

with Tina Stromsted, Ph.D., Jungian Analyst, and Dance Therapist

October 19 & 20, 2013

San Francisco, California

This introductory weekend is for those who are new to Authentic Movement and to working with dreams in the body (Dreamdancing®), as well as for those who want to deepen their body/soul explorations. A simple, yet powerful meditative and therapeutic approach, this alchemical mix bridges body, brain, psyche and spirit through expressive movement, music, drawing, and writing.

What is Authentic Movement?
Authentic Movement provides emotional attunement and embodied presence as a foundation for the development of consciousness in the cells, and a sense of well being and belonging in the world. Through the practice, you can continue to develop your ability to be present, with yourself and with others, in a more vital, increasingly conscious relationship, evoking deep respect and empathy

Working with dreams
Dreams can carry treasures that enhance the meaning and depth of our life's journey. Through Authentic Movement we can access these rich inner resources on a cellular level, bringing us back in touch with our natural rhythms, instinctual wisdom and sense of self.

Listening to the body
When we (as psychotherapists, educators, health care providers, partners and/or parents) are sensitive to the body, we can attend to this language as it arises in our experiences with others, and in ourselves. We can hear the soul's call and better work with obstacles to its fulfillment.

This workshop combines elements from Jung's Depth psychology, Marion Woodman's BodySoul® work and contemporary neuroscience in a safe environment that can support the awakening of your soul's body.

Time: October 19 & 20, 2013. Saturday, 1:00pm-6:00pm & Sunday, 9:30am-5:00pm.

Location: A beautiful sky-lit studio in San Francisco

Registration Information:

Tuition: $350 for weekend, including materials.

Cancelation policy: Full refund minus $50 admin fee if cancelation is by September 10th, 2013. After that date tuition will not be refunded, however tuition can be applied toward a future workshop within a year.

Ceus available for MFTs, LCSWs, LPCCs, DMTs & BC-DMTs; 12 hours; $20 ceu registration fee.

If you are interested in applying forthis workshop: Click here to download application and return by September 1st to Tina@AuthenticMovement-BodySoul.com. Please write 'Soul's Body' in the subject line.

Faculty:

Tina Stromsted, Ph.D., MFT, BC-DMT is a Jungian analyst, Somatic psychotherapist, and Board Certified Dance therapist with a private practice in San Francisco. Past co-founder and faculty of the Authentic Movement Institute in Berkeley and a founding member of the Women's Spirituality program at the California Institute of Integral Studies (CIIS), she teaches at the C.G. Jung Institute of San Francisco, in the Depth Psychology/ Somatics Doctoral program at Pacifica Graduate Institute, with Marion Woodman and her team in BodySoul Rhythms® Leadership Intensives, and numerous universities and healing centers internationally. With roots in theater and dance and thirty-five years of clinical experience, her publications explore the integration of body, mind, psyche and soul in healing and transformation. Tina's passion is in engaging creative methods for healing and growth, reclaiming body wisdom, in-dwelling with nature, and living a life of soul.

www.AuthenticMovement-BodySoul.com

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