

Body as Compass: Dreams & the Soul

A one-day workshop wtih Tina Stromated, Ph.D.

Assisted by Margareta Neuberger

October 11, 2014 9:30am- 5:00pm

Green Gulch Zen Center, Mill Valley, California

Dreams carry treasures that enhance the meaning and depth of our life's journey. Illuminating our inner landscape, they help us come to know disowned parts of ourselves, point to what we value, and provide guidance on our life path. Authentic Movement and BodySoul work allow access to these rich inner resources on a cellular level, reawakening our natural rhythms, instinctual wisdom, and the songs of the soul.

In this day-long retreat we will nurture the body through expressive movement and connect with our dreams, learning how to work with them on an embodied level and through arts practices. This process invites creativity and fosters renewal and discovery. Nestled in a beautiful valley with lush gardens along the California coast, Green Gulch Zen Center offers a quiet sanctuary for personal explorations. No previous experience is necessary.

Tuition: $175, including materials, 6 CEU credits available for MFTs, LCSWs, LPCCs, DMTs, & BC-DMTs; $25 CEU fee

Cancelation Policy: Full refund minus $50 fee if cancelation is by September 21, 2014. After that date tuition will not be refunded, however tuition can be applied toward a future workshop within a year.

Enrollment: Apply online or download the application and return by September 11th to Tina@AuthenticMovement-BodySoul.com. Please write 'Body As Compass' in the subject line. Enrollment is limited, early registration is advised.

Contact Tina Stromsted at Email: Tina@AuthenticMovement-BodySoul.com or Tel.: (415) 668-7857 USA; www.AuthenticMovement-BodySoul.com

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, she teaches at the C.G. Jung Institute of San Francisco, in the Depth Psychology/Somatics Doctoral program at Pacifica Graduate Institute, with her team in Marion Woodman's BodySoul Work Intensives, and at numerous universities and healing centers internationally. With roots in theater and dance and nearly forty years of clinical experience, her publications explore the integration of body, mind, psyche and soul in healing and transformation. Tina's passion is in reclaiming body wisdom, engaging creative methods for healing and growth, in-dwelling with nature, and living a life of soul. www.AuthenticMovement-BodySoul.com

Margareta Neuberger will be assisting. With an M.A., in Somatic Psychology, Margareta is a teacher and practitioner of Authentic Movement, somatic educator and massage therapist, who has explored the interconnectedness of healing, spirituality and creativity for the past 30 years. A native of Germany, she moved to San Francisco in 1984, after completing a B.A. in Theology. She has worked in private practice since 1989, offering Authentic Movement to individuals and groups as an embodied meditative and healing discipline. Margareta is the mother of 11 year old Lukas.