

The Alchemy of Dreaming: An International Authentic Movement Retreat

With Tina Stromsted, Ph.D. Jungian analyst & Dance Therapist
Assisted by Margareta Neuberger, MA

Tuscany, Italy June 24 - June 30, 2017



Information

*"Our task is not to create more images of light,
but to release the light that is trapped within the darkness." – CG Jung*

At a time when the world is being pulled apart by opposites, this retreat offers an opportunity to consult our inner compass. Here one can find re-orientation, strengthen inner authority, and nourish body and soul. Offering a sanctuary for centering, we will find renewal through natural movement, stillness, dream work, and guiding elements from Alchemy's ancient wisdom, re-membering our deep humanity in the vital web of community.

How do we evoke the light in the dark body? How do we embody the soul spark, bring it to consciousness, and live it more fully in our daily lives? Authentic Movement and dreamwork allow access to these rich inner resources on a cellular level, reawakening our natural rhythms, instinctual wisdom, and the songs of the soul.

This international retreat will explore the impactful role of embodied experience in the healing process. Alchemy's basic elements can deepen our understanding of embodied transformation, experienced spontaneously through the practice of Authentic Movement. Dreams carry treasures that enhance the meaning and depth of this spirited journey.

The Alchemists' aim was to study nature and to learn from its profoundly regenerative capacities. So too, dreams reflect our inner landscape, our spiritual condition. This workshop engages dreams and Alchemy in relation to bodily experience in the process of healing and transformation through moving and witnessing practice.

We will draw from:

BodySoul® Work

Jungian theory

Somatics

Dreaming

Drawing

Voice exploration

Writing

Studio sessions will be supplemented by seminars focusing on questions arising from your personal explorations, as well as applications relevant to your creative and professional work.

This retreat is designed for those with a depth of experience in Authentic Movement, welcoming healing practitioners, clinicians, educators, artists, and those interested in growth and matters of the spirit.

Nestled in Tuscany's beautiful rolling hills and vineyards, the private retreat center offers a peaceful, inspiring setting for self-renewal. Walking trails, delicious Tuscan cooking and a swimming pool enhance the experience.

PREREQUISITES:

In-depth experience in Authentic Movement is vital. Some background in dreamwork, expressive arts therapy, BodySoul® work or other forms of embodied creative exploration that engage conscious attention is necessary, as well as a background in personal analysis / psychotherapy. A working knowledge of English is important in order to understand and participate in the intricacies of the work. (Unfortunately it is not feasible to work with a translator as participants come from many countries and linguistic backgrounds.)

TUITION:

\$1,450 US with paid registration by January 15, 2017

After that date \$1,520 US

CANCELTION POLICY

Full refund minus \$100 fee if cancelation is by May 1st, 2017. After that date tuition will not be refunded, however tuition can be applied toward a future workshop within a year.

40 CEUs available for MFT's, LCSW's, LPCCs, DMTs, BC-DMTs, & RSME/Ts
Accommodation and meals: 72 Euros/night for triple, 78 Euros/night for double (6 nights) plus tax, paid directly to the retreat site upon arrival.

REGISTRATION:

Enrollment is by [application](#) only. Deadline is April 20th, 2017; space is limited, early enrollment is advised. Please put Embodied Alchemy in the subject line.

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, LPCC, BC-DMT is a Jungian psychoanalyst, Board Certified Dance therapist, and Somatics educator. She was co-founder and faculty member of the Authentic Movement Institute in Berkeley (1992-2004) and a founding faculty member of the Women's Spirituality Program at the California Institute of Integral Studies. Currently she teaches at the C.G. Jung Institute of San Francisco, the Depth Psychology / Somatics Doctoral program at Pacifica Graduate Institute, and as a core faculty member for the Marion Woodman Foundation.

With 40 years of clinical experience, and a background in dance and theater, she teaches at universities and healing centers internationally, and has a special interest in the creative process, neuroscience, eco-psychology, and embodied spirituality. Developer of Dreamdancing®, Embodied Alchemy®, and Soul's Body® Center, her numerous articles and book chapters explore the integration of body, brain, psyche and soul in healing and transformation. Her work supports individuals in listening for the soul's call, and working with obstacles to its fulfillment ~ a process that can assist women and men in re-inhabiting their bodies, reclaiming their instinctual wisdom, and nourishing their authentic sense of self. Her private practice is in San Francisco. www.AuthenticMovement-BodySoul.com

Margareta Neuberger will be assisting. With an M.A. in Somatic Psychology, Margareta is a teacher and long-time practitioner of Authentic Movement and somatic educator who has explored the interconnectedness of healing, spirituality and creativity for more than 30 years. A native of Germany, she moved to San Francisco 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 lives in Northern California with her husband and 14 year old son.