

Mind Body Integration

A Journey to Transformation



Anodea Judith

March 24 - 28, 2012

Dallas Yoga Center welcomes author, somatic therapist, chakra expert, and world renowned teacher Anodea Judith for this special event.

The five-day experiential course in transformation is for healers of all types. Mind Body Integration will bring you cutting edge techniques for integrating mind and body, providing a backbone of theory for somatic therapy. Students will have a chance to explore new techniques through movement and self-exploration, as well as in-class demonstrations and practice.

Topics addressed will include:

- *The energetics of charging and discharging*
- *Formation and dissolution of body armor*
- *Bioenergetic character structures and childhood development*
- *Post-traumatic stress disorders*
- *Understanding, overcoming and treating trauma*
- *Use of the chakra system in energetic diagnosis*
- *The role of disease in transformation & the language of symptomatology*

This workshop will also provide psychotherapists, healers and body workers with new tools to approach healing and deepen their work, as well as being an incredible opportunity to enrich their own lives.

Saturday - Wednesday

9 - 12 pm & 1 - 4 pm

\$600 before Friday 3/8, \$650 after 3/8

30 CEU's possible for therapists, social workers & yoga teachers.

A world-renowned expert in somatic transformation, Anodea has traveled internationally for the last 15 years teaching and lecturing, and has maintained a private practice for twenty years. She holds an MA and PhD in psychology, specializing in somatic therapy, yoga, trauma recovery, spiritual awakening and evolutionary activism.

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