

CULTIVATING RESILIENCE IN CHALLENGING TIMES

RESOURCING YOURSELF IN NINE DIFFERENT WAYS

ONLINE WORKSHOP

Saturday April 24 &

Sunday April 25

9:00 am – 4:00 pm

Regular Fee \$245

Early Bird \$195

Early Bird Deadline April 1st



Marion Gilbert, R.P.T.

has been practicing physical therapy since 1978 and is the owner of a well-established physical therapy practice and movement studio in Grass Valley, CA.

Marion has extensive training in CranioSacral Therapy, Somato-Emotional Release and Trauma Resolution. She has been actively using the Enneagram professionally and personally since 2003. She emphasizes understanding the role of the somatic lens of perception in facilitation of personal and spiritual transformation in the Enneagram.

Her specific interest is in developing somatic awareness for reconciling three-centered awareness in relation to providing a platform for meditation, contemplation and awakening.

See website for more about Marion and her Somatic Energy Awareness Program:

<https://mariongilbert.com/>

In this workshop we will explore how we can cultivate “resourcing” in times of overwhelming circumstances. In order to have the freedom to respond to external circumstances we need to understand how our physical or somatic structure is organized.

The survival mechanisms elicit automatic defensive reactions in order to protect us from harm and danger. These defensive reflexes operate automatically and unconsciously. In order for us to access these we are required to have access to the “felt sense” lens of perception.

This somatic lens connects us with the wisdom in the belly center where the instinctual energies are arising and operating.

There is great intelligence in this defense system as we are being kept relatively safe and able to return to functioning.

However, this organization comes with a great cost as we learn through our life experiences over time to avoid an aspect of reality.

Through enlisting the Inner Observer we can learn how to turn our attention to the core fears of our type and witness the relaxation of the defense mechanism. This will then, also relax our reactivity and experience a greater sense of wellbeing, resilience and vitality with the return of the free flowing life force.

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To Register, fill out Registration Form & Send with Payment

nshama.sterling@gmail.com