

## THE BODY AND THE WORLD!

*Processwork's contribution to embodied awareness*

On-line 3days seminar with Anup Karia, Dipl. PW, 11<sup>th</sup> – 13<sup>th</sup> September 2020, Prague

Our symptoms and illnesses don't just exist in isolation within our bodies but are part of the social, cultural and political field in which we live.

The world is in us, and we are in the world! Symptoms are our bodies and the world dreaming! They tell us about the power dynamics in our society and contain the keys to living our deepest truth and purpose as co-creators in this world.

In this seminar we will explore inner awareness practices which combine everyday reality, the creative fluidity of 'dream-like' body experiences, and insights that have a deeper essence quality connecting us with the larger universe.

**There will a constant interplay between hands-on experiential practice, theory and skills training. We will explore ideas from both Arnold Mindell's original discovery of the 'dream body' concept to his most recent developments**

### Focus will be on:

- Mind-body awareness of one's subtlest body experiences and how to make this useful when working with others.
- Unfolding emerging patterns behind body symptoms, including chronic symptoms and link with individuation.
- Collective issues and health - how dynamics of privilege and oppression relate to health

This seminar is for you if you are someone interested in their own body experience as a source of awareness and direction and/or if you are a facilitator, therapist, psychologist, counsellor, coach or bodyworker;

### Anup Karia, Dipl. PW.



Anup Karia is a senior faculty member of IPOP and is Director of the Processwork school in UK . He teaches internationally and is a facilitator at heart working with individuals and groups in many capacities and is an accredited psychotherapist and supervisor.



**Venue/Form:** on-line via ZOOM

**When:** 11th – 13th September 2020  
(Friday 9.30-16.00 Saturday 9.30-17.30 Sunday 9.30 -13.00)

### Fee:

4 400 CZK registration and payment by 10 July 2020  
4 700 CZK registration and payment by 10 August 2020  
5 000 CZK registration and payment by 10 September 2020

**Registration:** Please fill the online [registration form](#) and we will provide you with all the necessary information.

**Language:** English with simultaneous translation into Czech

**Contact person:** Stanislav Háša, [standa.hasa@hotmail.com](mailto:standa.hasa@hotmail.com)