

# BODYDYNAMICS AND INTERFAITH INTERFACE OF A.I.W.P.

PRESENTS

## PSYCHOLOGY OF MUSCLES, LIFE SKILLS TRAINING AND EMBODIED LEARNING

COQUELICOT GILLAND, MINISTER, C.M.T.



### WORKSHOP SERIES

This ongoing series of classes in Grass Valley will be meeting once a month on Sundays throughout the year. The topics we will draw from are listed on right and will vary on a month-to-month basis. The training is open to those who are willing to make a basic ongoing commitment. The classes will build one upon the other, over time to create a new framework supporting more personal capacity. Taking the principles that you learn in class out into your life and practicing them on a daily basis will also be strongly encouraged - 'Homeplay'. Changing your biological biography requires mindfulness, patience, refinement and repetition of skills over time. The group's interests and needs will help to shape how the class evolves.

The day will be broken up into two three-hour segments with two hours for lunch in between.

The first three-hour segment will focus on the core of **Somatic Learning Principles** which are the basic fundamental and foundational groundwork for learning anything and anchoring it deeply in your bodies biology. This is necessary for anything you learn to become second nature. Your body has to agree with and believe it enough so it doesn't sabotage your efforts to grow and develop.

### DATES 2012

20 MAY	21 SEPTEMBER	28 OCTOBER
17 JUNE	22 2&1/2 DAY	18 NOVEMBER
22 JULY	23 CLASS	23 DECEMBER

### LOCATION

**NORTHSTAR HOUSE**  
12075 OLD AUBURN RD.  
GRASS VALLEY, CA  
530.575.8207



### WORKSHOP SCHEDULE

MORNING SESSION: 9:00 - 12:00 (3hrs)  
**SOMATIC LEARNING PRINCIPLES**  
CORE SKILLS

INNER AUTHORITY - PERSONAL CORRECTNESS IN MUTUALITY  
BODY KNOT - DRAMA TRIANGLE DYNAMICS - SAILBOAT METAPHOR  
KAIZEN - LESS IS MORE - ENHANCED LEARNING - TRACKING  
SUBTLE AND 360° SENSING - ATTENDING - DEEP LISTENING  
OSPREY WORK -WORKING ON VS. WITH - COMPASSION MATRIX

We will also focus on the difference between hyper and hypo survival strategies.

This will be the time to become acquainted with new foundational orienting skills and/or to deepen and refine the ones you already know. Interesting learning environments to practice in.

### LUNCH

12:00 - 2:00 (2 hrs)

AFTERNOON SESSION: 2:00 - 5:00 (3 hrs)  
**LIFE AND PRESENCING SKILLS**  
RESOURCE-ORIENTED SKILL BUILDING

#### PRESENCING

Boundaries, Grounding, Centering, Balance, Self-Assertion, Self Esteem/ Self Worth .....

#### RESOURCES AND SKILLS

Brain Body Integration, Body Psychology, Becoming a Living Inquiry, Body Sensing and the Art of Interpreting Gesture -- Living our Language, biology of meaning, etc.

#### MUSIC AS A RESOURCING TOOL

Exploring music as a strong organizing force for influencing mood and building resources within individual character structures and life skills.

### SLIDING SCALE

\$60 MORNING OR AFTERNOON SESSION  
\$90 FULL-DAY *SUGGESTED DONATION*

### SIGN-UP

Limited space available.

To sign up please call Coquelicot's P.A. at **530-575-8207**

### FOR MORE INFORMATION

There will also be occasional 2 to 3 day workshops if you wish to do an immersion in a particular area of learning. these workshops will be offered occasionally and are not required for the Psychology of Muscles training.

For more info on Coquelicot Gilland, the training or BodyDynamics and Interfaith Interface of AIWP, please  
**WWW.BODY-DYNAMICS.NET**