



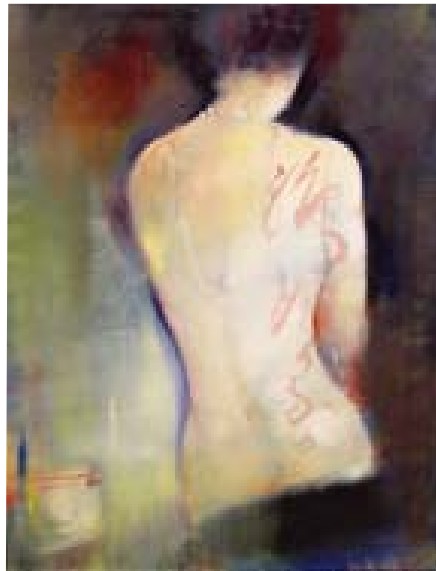
# SKIN

## *Your first boundary and first container.*

*Without a skin container and boundary you have nothing.  
To be the center of. Nothing to ground. Nothing to fill out...or fill up.*

Skin nerve endings begin to function at nine weeks after conception. The full range of skin sensation and skin nervous system integration should be completed by one year old. During this time, touch should be a source of love, comfort, safety, respect, relaxation, nervous system regulation and mutual connection.

Find out how developing a flexible sense of your skin can help you keep from feeling overwhelmed. Your skin container 'contains' your emotions, sensations, sense of self as well as your impulses (muscular movements) towards or away from people, objects and situations. It also holds a vast array of knowledge and sensory memory.



*Does touch bring you pleasure?  
Is it a source of comfort or connection?  
Do you feel skinless or thin skinned?  
Are you hypersensitive to touch?  
Is it hard for you to set a boundary around touch?  
Can you keep touch and energy sensations on the outside surface of your skin?  
Do you feel thick skinned?  
Do you feel armored?  
Is it hard for you to let touch in?  
Do you feel empty or hollow?  
Are you searching for something to fill you?  
Is touch uninteresting?  
When you are touched does your skin feel numb or dull?*

My hope is that when you leave this class you will have started to have:

- \*A sense of how skin can function as loving arms that hold you 24 hours a day.
- \*A container to 'house' your sense of self.
- \*Flexible boundaries based on skin awareness that will allow you to choose to 'open up' to let in wanted touch and 'close down' to keep a sense of separateness from unwanted touch.

Facilitator: Coquelicot Gilland, Minister AIWP, Certified Massage Therapist, Senior Skills Trainer & Foundation Trainer of Bodydynamics – a developmental body-based psychotherapy.

Assistant: Akash, Foundation Training Assistant and Core Member of Bodydynamics Institute, USA.

Dates: November 19-21, 2010  
Times: Friday, 11/19: 6-9pm  
Saturday 11/20 9am-5pm  
Sunday 11/21: 9am-5pm  
(2 hour lunch Sat & Sun)

Location: Harmony Ridge Lodge  
18883 East Highway 20 – info on back  
Nevada City, CA 95959

Cost: \$280

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