

"The Dance of the Body and the Dance of the Soul"

"Body and Spirituality"

Workshop (Theoretical experiential)

Duration: 3 hours

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Experiencing and make contact with our body is also rooting our spirituality.

Chakras are defined as vertices of subtle energy that exists in all humans.

Bioenergetics teaches us that there are places in the body where the energy was imprisoned for reasons of trauma during childhood, influencing the entire lives of the person. A. Lowen called the characteristics of crystallizations defenses shown by W. Reich as a form of tension rings, which are located in the same place as chakras. Both characters and chakras have its SHADOW side and its LIGHT side.

The "Inferior Self" (shadow) is related to our neurosis, difficulties, conflicts, represented by the left hemisphere of the brain. The "Superior Self" (light) with intuition, creativity, essence, represented by the right hemisphere of the brain and our SPIRITUALITY.

Within Biosystemics, which focuses on neuroscience, everything is systematically integrated. We can live in our body integrating the "Inferior Self" and "Superior Self", uniting brain with corpus callosum, which is the connecting link between the hemispheres, and integrates the right hemisphere with the left.

Lama Tueku Gangchen, within Buddhist psychology, brings us the teachings of mudras, mantras and visualizations. In each chakra there is a couple of Divinities who take care of the light side of our chakras.

The structure of the individual can also be seen as crystallization of the problems in each respective chakra. The system disease is caused by an obstruction or by an imbalance in your energy flow, in your respective chakra and is related to character structures proposed by A. Lowen.

Making a correlation between Reich, Lowen, Pierrakos, Boadella, Lama Gangchen and the practice of exercises that work on the tension rings, sound, vibration, chakras, mantras and visualization, we can take root and be within our reality in a more substantial, especially more free and loving.

We can dwell, root in the body, integrating our Inferior Self and our Superior Self, loosen our defenses character transforming them into resources, enlarging our consciousness and expanding our heart! "Dancing in the flow of Life".

Keywords: body – character – chakras – self – spirituality

Mini Curriculum:

Maria Vilma Chiorlin – CRP 06-6192 – Psychologist, President of Method Chiorlin, Work with experience in Workshops in Brazil and Internationally – Italy and Portugal. More than 20 years. Founded the Method Chiorlin Organizational Therapy 30 years ago and approach in psychotherapy 20 years ago. Psychodramatist (ABPS). Internationally certified in Bioenergetics CBT (International Institute for Bioenergetic Analysis – New York – EUA), member of this Association. Internationally certified in Biosynthesis (Center for Biosynthesis International – Hiden – Switzerland), in Biosystemic (Scuola di Specializzazione in Psicoterapia Biosistemica – Italy) and in Systemic Organizational Constellations within the field of Systemic Coaching and Business Consulting, Bert Hellinger approach. Scholar in Biodance (Instituto Paulista de Biodança) and Buddhist Psychologist; Harmonist (Brazilian Music Conservatory); Psychotherapist Neo-Reichian, Transpersonal, Organizational, Therapist of Brightness Frequency and Artist.

Suely Freitas – Psychologist, Body psychotherapist. Founding President of Institute Lumen Ribeirão Preto. President Director of Lumen Society for Bioenergetic Analysis Ribeirão Preto. President Director of Brazilian Institute for Biosynthesis Ribeirão Preto. Local Trainer and Supervisor in Bioenergetic Analysis. Internacional Trainer and Supervisor in Biosynthesis. Internationally certified in Bioenergetics CBT (International Institute for Bioenergetic Analysis – New York – EUA), member of this Association. Member of EABP (European Association for Body-Psychotherapy). Internationally certified in Biosynthesis (Center for Biosynthesis International – Hiden – Switzerland), in Biosystemic (Scuola di Specializzazione in Psicoterapia Biosistemica – Italy), in Systemic Organizational Constellations within the field of Systemic Coaching and Business Consulting, and in Family Constellations, Bert Hellinger approach. Work with experience in Residential Workshops more than 20 years ago. Assistant Professor in Bioenergetics in Russia and in Biosynthesis in Spain, Russia, Portugal, Germany and Czech Republic. Supervisor and teacher training course Body Psychotherapy Institute Lumen Ribeirão Preto / São Paulo. Professor of music and arts education.

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