



## **RELEASING BLOCKED EMOTIONS PROVISIONAL PROGRAMME**

*There may be slight timing changes, but lunch will be at 1pm*

- 10.30 hrs Welcome and technical tips from Jeremy
- 10.35 hrs Meet your Buddy Group
- 10.40 hrs **Session 1:** *What are emotions and why do we need to release them?*
- 10.50 hrs **Session 2:** *A Bit of Neuroscience*
- 11.10 hrs Share in Buddy Groups (15 mins)
- 11.25 hrs Break (10 mins)
- 11.35 hrs Any Comments or Questions?
- 11.45 hrs **Session 3:** *Defences and Layers*  
*Working with Nesting Dolls : Dare I show you who I am?*
- 12.00 hrs Break (5 mins)
- 12.05 hrs **Session 4:** *The Gestalt Cycle of Awareness*  
*Interview with Katy*
- 12.30 hrs Share in Buddy Groups (15 mins)
- 12.45 hrs Any Comments or Questions?
- 13.00 hrs Lunch
- 13.40 hrs **Session 5:** *Finding your Voice*  
*Triggers and Chair work*  
**Session 6:** *Working with the Body*  
**Session 7:** *Working with Sound*  
*Interview with Masha*
- 14.30 hrs Break (5 mins)
- 14.35 hrs Share in Buddy Groups (15 mins)
- 14.50 hrs Any Comments or Questions?
- 15.05 hrs Say goodbye to your Buddies
- 15.10 hrs Updates from Deep Release
- 15.15 hrs Finish