

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