

RELEASING BLOCKED EMOTIONS

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

10.40 hrs	Session 1: What are emotions and why should we release them?
10.50 hrs	Session 2: A Bit of Neuroscience with Dr Chris
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: Working with the Body
	Session 6: Finding Your Voice
	Session 7: Working with Sound
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