

THE VENUE

CCPE, Beauchamp Lodge, 2 Warwick Crescent, Little Venice, London, W2 6NE. Tel: 020 7266 3006 (please use this number for directions only if lost – otherwise contact Lynn on the numbers below).

THE DATES

2006 to be advised.

THE TIMES

10am – 5pm

THE COST

£150 inc. handouts.

HOW TO BOOK

Send a deposit (cheque for £65 made payable to 'Lynn Somerfield').

For a number of reasons, including the number of requests for changes, postponements, etc., this is a non-refundable deposit and not transferable to another workshop or another attendee.

Send to Lynn Somerfield, c/o CCPE at the above address. Please include your name, address, telephone number and Email address if you have one. And state which workshop you're booking!

CONTACT DETAILS

Phone:

01525 840871 or 07762 738238

Email:

lynn.somerfield@gmail.com

Website:

www.lynnsoomerfield.co.uk



About Lynn Somerfield

After leaving school, I worked in the advertising industry for around 18 years, working as an Account Director organising TV, radio, press and poster advertising campaigns from briefing stage through to implementation and beyond.

In 1991, after suffering a long bout of M.E. I decided to change careers. I obtained Diplomas in **Anatomy & Physiology, Holistic Massage, Advanced Massage, Indian Head Massage, Aromatherapy, and Reflexology.**

As I worked on my clients' bodies, I listened with fascination to the story of their symptoms – which usually expanded into the story of their lives – and it began to dawn on me that there was a close connection between their symptoms and their life challenges. People with 'bad' backs seemed to be burdened; clients with skin problems were often not in touch with their own sensitivity, and so on. I began to feel excited – I intuitively felt I was onto something! My journey led me through a training in **Stress Management** to CCPE, graduating in 1998 with a **Diploma in Transpersonal Psychotherapy**, going on to obtain a **Masters in Transpersonal Psychotherapy** and **Diplomas in Supervision and Advanced Psychotherapy.**

I now have a career I love, a busy psychotherapy practice operating from Central London and from my home in a Bedfordshire village. I am on the staff of CCPE as a facilitator and super-visor and work as a trainer and coach. I run regular weekend workshops on a wide variety of topics – from more esoteric/transpersonal subjects through to Cognitive Behavioural Therapy and Transactional Analysis.

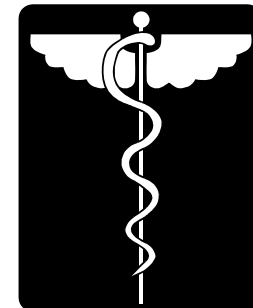
Please visit my website for more information.

Feeling blocked?
Stuck in repetitive patterns?
Low energy?

BALANCING THE CHAKRAS

Effective physical,
psychological
and spiritual interventions.

An experiential workshop
facilitated by
Lynn Somerfield



2006 dates to be advised

Chakra balancing for psychological wellbeing, physical health & spiritual development.

The ancient chakra system can be used as a map for the process of individuation. The chakras have been described as centres of organisation for the reception, assimilation, transformation and expression of life energy.

This is the second in a series of two chakra workshops run by Lynn Somerfield. Each workshop is designed to stand alone, so attendance at both is not crucial, but would be beneficial for anyone interested in working with the chakra system.

What you'll learn on this workshop

We will be discussing each chakra in turn, examining the traumas and abuses that can cause imbalance in each chakra. Each chakra will be dealt with in turn. We will examine:

The corresponding developmental stage for the chakra;

How traumas and abuses can cause chakra imbalance.

How chakra imbalances can block the flow of the life force (libido, chi, ki, 'the force' - the energy that makes us 'who we are')

We will learn how to diagnose chakra imbalances.

We will discuss chakra balancing strategies to help you help yourself, or – if you are a practising therapist – to help you help your clients. Strategies include:

- ♦ physical techniques to facilitate chakra balancing; the techniques will include massage (over clothing), reflexology, sound and breathwork and hatha yoga postures;
- ♦ psychological interventions;
- ♦ how to use spiritual practices to restore health to the chakra system.

Map your own chakras

By the end of the workshop, you will have your own 'chakra map' and a plan of how to move forward.

You will be able to leave the workshop and continue the work you've learned during the weekend.

Who the workshop is aimed at

- ♦ If you're interested in personal development, this workshop is for you.
- ♦ Psychotherapists
- ♦ Counsellors
- ♦ Body workers

When you come to the workshop...

- ♦ Please wear comfortable clothes.
- ♦ Bring a pillow.
- ♦ Wear socks or knee-highs because we'll be working on each other's feet.
- ♦ Let Lynn know in advance if you have serious health problems or any disabilities.

Handout booklet

Generous handouts are distributed, describing all the exercises, techniques and interventions covered on the workshop.