



Ritual workshops around Intimacy and Grief

An opportunity to honour some of our deepest life experiences, and find our place of peace

*Our capacity
for intimacy
is enhanced by
embracing life*

[Charles Birch]

By popular request

A series of short workshops in the Illawarra area, June-October 2012.
Illawarra Day Retreat. October 21
Canberra Day Retreat, Sunday December 2, 2012

These two-hour and half-day workshops provide an opportunity to meet and release deep seated grief, whether acquired through recent loss, or of a more long-standing nature. This clears the ground to embrace intimacy with ourselves, our work, our environment, and in our relationships.

The workshops include gentle ritual, meditation, movement, and breathwork, and lead participants through a journey back to their re-creative source—the 'still point' so often missing from our busy lives. From this place, our capacity for intimacy can be regenerated.

No previous experience necessary.

For further information, to book in for an event, or request a workshop tailored to your group needs, please contact Zsuzsi on 0402 283 615 or zsuzsi@bodyecology.com.au



Zsuzsi Soboslay, BA [Hons], A.Mus.A., L.T.C.L

Healer, writer, performer, artist

www.bodyecology.com.au/practice.html

BodyEcology: Therapeutic clinic; dance and immersion workshops; eco-retreats; perinatal processes; Creativity consultancies.

A note on INTIMACY

In daily life, we tend to either meet, or retreat from, our circumstances. Some of our retreats come from very ingrained patterns which may have worked for a while, but which serve us no more.

BodyEcology teaches us a kind of responsiveness which includes listening, meeting, from a fuller sense of who we are, and of what we are related to. This includes listening from the solid structures of our bodies, but also from its spaciousness—from our organs, from what is around us and speaking to us.

The whole world conspires to meet us. The word health comes from a Germanic root, hailaz, which means “whole”.

Regular workshops and retreats impart a new cohesion to our bodies and minds. Although the workshop involves some movement, please note that Zsuzsi is experienced in working with people living with injury and disability, and all are welcome to attend.

For longer workshops, participants are encouraged to bring a plate to share for lunch.

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About ZSUZSI

Zsuzsi is a therapist and intuitive with over 20 years' clinical experience. She brings a creative and spacious clarity to group process that speaks to individual abilities and needs, helping each person achieve change in practical and joyful ways. Zsuzsi supports this event with ongoing workshops, one-on-one process work, distance healings and guided meditations.

Join Zsuzsi for this life changing process— ongoing throughout 2012 [Canberra, Sydney, Wollongong]