



A ritual workshop around Intimacy and Self-Esteem

*Two opportunities 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]

Illawarra Day Retreat, Sunday October 21
Canberra Day Retreat, Sunday December 2, 2012
By popular request

These half-day retreats provide an opportunity to deal with issues around self-esteem, clearing the ground for self-respect and thus enabling our capacity for intimacy.

The workshops include gentle ritual, meditation, movement, and breath work, 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 is regenerated.

Thirroul

Sunday October 21, 11am-2pm. Coledale Community Hall

Cost: \$110 conc \$90

Canberra

Sunday Dec 2, 2012 10am-2.00pm. Griffith Community Centre

Cost: \$150 conc \$120

Join me for this life-affirming process

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

Healer, writer, performer, artist

www.bodyecology.com.au/practice.html

Further information and booking details overleaf



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.

Participants are encouraged to bring a plate to share during tea-break, or for lunch after the workshops in the park/on the beach

For further information, contact Zsuzsi, 0402 283 615
BOOKINGS with \$60 deposit by **October 14** [Thirroul] or
November 18 [Canberra] to:

A/C Name: TJ Moore and ZI Soboslay
BSB: 012 955
A/C#: 526691248
BANK: ANZ

Please send return email with banking details to
zsuzsi@bodyecology.com.au

NB: late bookings will be accepted, but early confirmation of numbers is needed each workshop to go ahead.

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 2012-15 [Canberra, Sydney, Wollongong]