



HAKOMI

EXPERIENTIAL PSYCHOTHERAPY

Hakomi & FORGIVENESS: from separation to relationship

DUNEDIN, SATURDAY 17th - SUNDAY 18th JULY 2010

With Dr. Suhari Mommsen-Bohm, Certified Hakomi Teacher

Elisabeth Kubler-Ross says in her book Life-Lessons “We need to forgive so that we can live whole lives”. She suggests forgiveness heals emotional wounds and creates connection and relationship. Hakomi body-centred Psychotherapy offers the tools to become mindful and turn towards the discomfort. We can learn to study how the injury of the past is still held in the body influencing life in the present moment. It is possible to access implicit memories and make sense of our developmental core-beliefs in a compassionate and non judgemental way.

Evoking experience mindfully in a safe setting, deeply held emotions like grief or resentment can be addressed . The gentle yet powerful Hakomi techniques unfold and process the unconscious embodied layers and allow a felt sense of the issues, creating insight and the option of transformation and repair.

This workshop offers the chance to explore and arrive at a healing relationship first with ourselves and then with others and to experience and practice Hakomi techniques like mindfulness, accessing core-material and little experiments in a safe setting.

***Dr. Suhari Mommsen-Bohm** lives in Dunedin and integrates in her private practice Natural Medicine and Hakomi Psychotherapy. She is a member of the Hakomi Faculty and part of the Hakomi Pacifica Team , teaching and presenting workshops in New Zealand and Australia. Her interests include meditation and working with Cancer patients and chronic pain syndrome. She loves incorporating music, movement and drawing into her therapy.*

DATES:	Saturday 17 - Sunday 18 July 2010
TIMES:	Sat 9.30am - 5.00pm, Sun 9.30am - 4.00pm
VENUE:	Pt. Chalmers Library
INVESTMENT:	\$230. Earlybird by 1st June \$200 (inc. GST).
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