

Awakening Body Wisdom through Dreamdancing™ & Authentic Movement

May 6 -12, 2012



A Five-Day Retreat for Women & Men
with Tina Stromsted, Ph.D., Jungian analyst & Dance Therapist
assisted by Margareta Neuberger, MA

Green Gulch Zen Center, Mill Valley, California

Dreams carry treasures that enhance the meaning and depth of our life's journey. Authentic Movement allows access to these rich inner resources on a cellular level, reawakening our natural rhythms, instinctual wisdom, and sense of self. Attending to the body allows us to more fully access the energies expressed through the textures, imagery, and unfolding action of the dream. Gestures emerge that can guide us toward where our life energy is directing us. Here, body and psyche can begin to work together.

From our earliest beginnings, empathic relating by the other is an essential component in the formation of the self. Advances in interpersonal neurobiology point to the right brain's receptivity to nonverbal elements such as facial expression, voice tone, movement, music, imagery and the play of symbols in dreams and poetry. Authentic Movement provides affective mirroring and embodied presence as a foundation for the development of consciousness in the cells, and a sense of well being and belonging in the world. Sensitivity to the body can allow psychotherapists, educators, health care providers, partners and parents to attend to this language as it arises in our experiences with others, and in ourselves, hearing the soul's call and working with the obstacles to its fulfillment.

This retreat is rooted in a Jungian approach, drawing from Authentic Movement, work with dreams in the body (Dreamdancing™), and Marion Woodman's BodySoul® work.



Tina has been offering international intensives overseas for decades; this is an opportunity to experience the work here in the US! Nestled in a beautiful valley with lush gardens, hiking trails, and a short walk to the sea, Green Gulch Zen Center offers delicious vegetarian meals and a quiet sanctuary for personal explorations.

PREREQUISITES: THIS RETREAT IS DESIGNED FOR EXPERIENCED AUTHENTIC MOVEMENT PRACTITIONERS. SOME BACKGROUND IN DREAMWORK, EXPRESSIVE ARTS THERAPY OR OTHER FORMS OF EMBODIED CREATIVE EXPLORATION THAT ENGAGE CONSCIOUS ATTENTION IS NECESSARY, AS WELL AS A BACKGROUND IN PERSONAL ANALYSIS/PSYCHOTHERAPY.

TUITION:

\$1650 (INCLUDES SHARED ACCOMMODATIONS, & MEALS) WITH PAID REGISTRATION BY MARCH 5, 2012.

AFTER THAT DATE TUITION IS \$1695.

38 CE CREDITS AVAILABLE FOR MFT'S, LCSWs, LPCCs, & DMTs; \$25 ADMIN FEE

REGISTRATION: ENROLLMENT IS BY [APPLICATION](#) ONLY. DEADLINE IS MARCH 30, 2012

PLEASE CONTACT TINA STROMSTED AT EMAIL: TINA@AUTHENTICMOVEMENT-BODYSOUL.COM, OR TEL.: (415) 668-7857 USA; WWW.AUTHENTICMOVEMENT-BODYSOUL.COM

FACULTY

Tina Stromsted, Ph.D., MFT, BC-DTR is a Jungian analyst, Somatic psychotherapist, and Board Certified Dance therapist with a private practice in San Francisco. Past co-founder and faculty of the Authentic Movement Institute, she teaches at the C.G. Jung Institute of San Francisco, in the Depth Psychology/Somatics Doctoral program at Pacifica Graduate Institute, with Marion Woodman and her team in BodySoul Rhythms® Leadership Intensives, and numerous universities and healing centers internationally. With roots in theater and dance and thirty-five years of clinical experience, her publications explore the integration of body, mind, psyche and soul in healing and transformation. Tina's passion is in reclaiming body wisdom, engaging creative methods for healing and growth, in-dwelling with nature, and living a life of soul. www.AuthenticMovement-BodySoul.com

Margareta Neuberger will be assisting. With an M.A., in Somatic Psychology, Margareta is a teacher and practitioner of Authentic Movement, somatic educator and massage therapist, who has explored the interconnectedness of healing, spirituality and creativity for the past 30 years. A native of Germany, she moved to San Francisco in 1984, after completing a B.A. in Theology. She has worked in private practice since 1989, offering Authentic Movement to individuals and groups as an embodied meditative and healing discipline. Margareta is the mother of 9 year old Lukas.

Photos by Gyokuden Steph Wenderski