



Awakening Soul's Body:
Authentic Movement as a Pathway to the Self

A Five-Day International Retreat for Women & Men

Affiliated with the Marion Woodman Foundation
with Tina Stromsted, Ph.D., ADTR, assisted by Margareta Neuberger, MA

Tuscany, Italy ~ June 6-12, 2010

Information

How do healing and transformation take place? What is the body's role and experience; and how does movement facilitate this process? These questions will guide our exploration in this summer's retreat. Advances in attachment theory and neuroscience will enhance our explorations.

Dance has been a spirited and healing medium since the days of the ancient shamans. The challenge in our time has to do with reintegrating mind, body, and spirit following millennia in which the body has been in shadow, its wisdom nearly forgotten. Natural movement is one of the most immediate ways to evoke consciousness in the cells - the light in dark matter—providing a way to listen to the body and open to the deeper healing energies of the Self.

G.G. Jung urged each of us to come to know the myth we are living. Themes that arise in depth-oriented movement practice often mirror many universal myths and legends of descent and return that express symbolically the process of deep psychological development in the journey toward becoming more whole. Authentic Movement provides a process that can assist in re-inhabiting the body, supporting you in making the descent into the dark regions below and returning to daily life with the treasures discovered there.

Join us in exploring the interpenetrating relationships between body, mind, psyche, and soul in this vital process.

Designed for healing practitioners, clinicians, educators, artists, and those interested in growth and matters of the spirit, this depth-oriented Jungian approach will integrate Authentic Movement (active imagination in movement), drawing, writing, communion with nature, and creative methods from Marion Woodman's BodySoul Rhythms approach. Studio sessions will be supplemented by seminars focusing on questions arising from your personal explorations, as well as applications relevant to your creative and professional work.

Nestled in Tuscany's beautiful rolling hills and vineyards, the private retreat center offers a peaceful setting for self-renewal. Walking trails, delicious Tuscan cooking and a swimming pool enhance the experience. Nearby coastal villages make for a wonderful holiday if you can take the time following the intensive, as well!

Prerequisites: In-depth experience in Authentic Movement is vital. 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. A working knowledge of English is important in order to understand and participate in the intricacies of the work. (Unfortunately it is not feasible to work with a translator as participants come from many countries and linguistic backgrounds).

Tuition:

\$1,155 US with paid registration by January 15, 2010. After that date tuition is \$1,250.

38 CE credits available for MFT's and LCSWs

Accommodation and meals: 61 Euros/night, shared occupancy, paid directly to the retreat site upon arrival.

Registration:

Enrollment is by [application](#) only. Deadline is April 1, 2010; space is limited, early enrollment is advised. 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, ADTR, is a Jungian analyst and Dance/somatic psychotherapist with a private practice in San Francisco. With thirty-five years of clinical experience, Dr. Stromsted leads workshops in the U.S, and internationally, integrating body-oriented, Jungian, and creative arts therapy approaches to healing and development. Past co-founder and faculty member of the Authentic Movement Institute, and a founding member of the Women's Spirituality program at the California Institute of Integral Studies (CIIS) she teaches in the Somatic Psychology Doctoral Program at the Santa Barbara Graduate Institute, the C. G. Jung Institute of San Francisco, the Expressive Arts Therapies Department at CIIS, and with Marion Woodman and her team in BodySoul Rhythms leadership trainings. Her numerous articles and book chapters explore the integration of body, mind, psyche and soul in clinical work. 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 7 year old Lukas.

