

Embodied Alchemy: Awakening Spirit in the Body An International Retreat for Women and Men

With Tina Stromsted, Ph.D. Jungian analyst & Dance Therapist
Assisted by Margareta Neuberger, MA

Tuscany, Italy – June 27 - July 3, 2015



Information

*"Our task is not to create more images of light,
but to release the light that is trapped within the darkness." – CG Jung*

How do we evoke the light in the dark body? How do we embody the soul spark, bring it to consciousness, and live it more fully in our daily lives?

In this international retreat we will explore the impactful role of embodied experience and the spiritual dimensions of the healing process. Alchemy, an ancient practice integrating both material and spiritual elements, was rediscovered by C.G. Jung as he sought to understand the images in dreams. Jung noted how reappearing images heralded changes in the embodied psyche, reflecting a deeper transformative process at work.

The Alchemists' aim was to study nature and to learn from its profoundly regenerative capacities, discovering the 'gold' in matter. Alchemy's basic elements can deepen our understanding of embodied transformative processes, experienced spontaneously through Authentic Movement. Authentic Movement invites contact with the healing power of the Self as it seeks expression through the cellular intelligence of the body.

Both practices bring awareness to what we least value, 'cooking' unwanted material to generate new life. Alchemy provides an ancient map of the stages in the individuation process: our journey to wholeness. Such a map can help orient people in their therapeutic work, particularly when they are immersed in unconscious material that may cause feelings of anxiety, impatience, or dissolution. In this workshop participants will have an opportunity to engage the Alchemical metaphor in relation to the embodied individuation process in healing and development. Elements from Jungian theory, neuroscience and attachment work will be interwoven and further integrated through drawing, writing and discussion.

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, elements from Marion Woodman's teachings, and BodySoul work. 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, inspiring 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 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:

\$1,420 US with paid registration by January 15, 2015

After that date \$1,490 US

CANCELATION POLICY

Full refund minus \$100 fee if cancelation is by May 15th, 2015. After that date tuition will not be refunded, however tuition can be applied toward a future workshop within a year.

40 CEUs available for MFT's, LCSW's, LPCCs, DMTs & BC-DMTs

Accommodation and meals: 70 Euros / night (6 nights) shared occupancy, paid directly to the retreat site upon arrival.

REGISTRATION:

Enrollment is by [application](#) only. Deadline is April 20th, 2015; space is limited, early enrollment is advised. Please put Embodied Alchemy in the subject line. 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-DMT 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, as core faculty for the Marion Woodman Foundation, and visting presenter at numerous universities and healing centers internationally. With roots in theater and dance and forty 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 more than 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 12 year old Lukas.