

Repairing Traumatic Injuries to the Biological and Energetic Sense of Self

Taught by Ursula Hofer, Advanced Instructor with the Society of Ortho-Bionomy International.

The body creates three distinct mappings of self. These emerge from the brain's, heart's and enteric nervous system's experience of the self/world.

This course is designed to strengthen each of these mappings to help the person find themselves again after trauma! We will study each of these 3 mapping systems, focusing especially on the peripersonal space which is created from the newly discovered multimodal neuron network of the brain. We will focus on being present, listening and noticing if the body can self-correct. We will work in Phase 4/5 and 6, different Reflexes but especially the Ciny Time Reflex. This course will conclude with the interweavings of the three perspectives - brain, heart and gut - into a unified whole.

Definition of Peripersonal Space:

Peripersonal space (PPS) is the region of **space** within arm and leg reach of the body. PPS is centered on body parts (i.e., hand-centered, head-centered, and trunk-centered).

I feel very fortunate to have found this system. Working with clients as well as on myself I have found the changes to be quite remarkable.

Class Dates:

Thursday through Saturday, April 11-13, 2019

or

Thursday through Saturday, May 16-18, 2019

Early Bird (up to two months before the workshop) will be \$520

Regular Fee (two months before the workshop) will be \$570

The deposit to hold your space will be \$300. (\$200 of that will be refundable if cancelled one month before the class.) Prerequisite: 16 units Phase 6. Credit: 24 units electives.