

# Session experiencing & healing



Attachment before, during and after your birth

This session is a deepening session for body-oriented therapists, coaches, psychologists with an affinity or interest in this field of work. Also for people who want to explore their own experiences around birth.

total duration 3,5 h  
(incl intake before and evaluation afterwards)

Investment: € 395,-  
Some experience with body-oriented/awareness work is recommended.

Sint Jozeflaan 4  
Smakt

proces

Through bodywork, early experiences become accessible, because then you don't have access to the cognitive brain. But all feelings and emotions are stored in the cells, this gives an imprint in your body.  
We work with connection exercises, breath, touch and meditation. In the group, the truth of your experience can be mirrored and confirmed.  
After this you have more awareness, more understanding and compassion about what has happened to you and also recognize this in your clients. Your self-regulation on a physical, emotional and mental level improves.

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