

Encounter

Fundamental

with Sietske Venema

16 - 18 September 2016

Cork, Ireland



Encounter Fundamental

'All real living is meeting. Meeting is not in time and space but space and time in meeting' (Martin Buber)

Encounter is an exhilarating group process containing elements of Gestalt Awareness Practice (GAP), psychodrama, movement and somatic psychotherapy. The essential practice is to make what we feel and think inside, physically visible. Our actions impact others; other's actions effect us. We come to understand the interdependence of being human – there is no such thing as a person having an individual experience.

Within a supportive and challenging environment we create a 'safe emergency' – a situation intense enough to get our attention and supportive enough that we risk moving beyond our habitual patterns. Under these conditions we discover and develop new capacities, insight and growth.

Guest-teacher: Caitriona Nic Ghiollaphadraig
Assistant: Helen Bohan

Who: Participation by application only. Numbers limited so earlier booking advisable.

When: Friday September 16th to Sunday September 18th 2016 **Time:** Friday 7 pm to 9.30 pm, Saturday 9.30 am to 6 pm and Sunday 9.30 am to 5 pm

Where: St Aloysius School, Sharman Crawford Street, Cork City. Ireland

Cost: € 140 for early application before 1st August 2016, otherwise € 160.

To book: contact Helen Bohan, E: helen@openfloor.org Phone: 00353 871 226 198



Dans je leven
bewegen verandert

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