

Residential Seminar Three Days
“I feel myself, I understand myself, I express myself”
Georgia, Akhasheni, Kakheti – April 2-4, 2020



The benefits of the seminar individually for each participant:

Increase of self-perception and self-awareness through bodily and emotional experience. **Spontaneity, sense of acceptance of ourselves and our vulnerabilities.** Feeling of resources for self-realization in everyday life. A new vision of ourselves and others. **Expansion and Liberation** of our body and soul in order to make our life more conscious, filled with joy and pleasure.

What we are going to do during the seminar:

Work through our body- that's a practice of liberation that reduces effects of stress or unpleasant childhood experiences.

What are the consequences:

- doubts and irresolution
- lack of sensation of vital energy, support and strength
- self-rejection and insecurity
- emotional imbalance and lack of ability to handle emotions
- state of emotional depression and addictions
- decrease or lack of pleasure given by our body, by bodily contact, problems in intimate relations
- decreased flexibility of the body and mind
- no sense of personal boundaries
- psychosomatic symptoms
- restriction of spontaneous movements



All these consequences affect emotional and physical health reducing the level of available energy. And on the contrary, emotional stress affects the body sensation, feelings and desires. In some cases there are no consequences, but we understand that something goes wrong inside our body, something that impedes our development and doesn't allow us to be happy.

The release of our energy from the shackles of contracted muscles, the return of our natural grace, we start with the restoration of the main resource – Grounding, and then we start using ourselves from muscle and emotional stress through bioenergy experience. We consistently and deeply work out body blocks at all levels.

Conductor: **Olga De Bacco, Switzerland.**
psychologist, psychotherapist, coach, teacher of bioenergetics practice and professional
conductor of personal development groups, of therapeutic disciplines and seminars.

www.olgadebacco.com

**“We will release our breath, release emotional and muscle tension,
to return energy to the Body and Heart. We will ground, vibrate, sound.
Revitalize and strengthen yourself in contact with others.
We will return to our identity and learn
trust your resources and yourself as a person ”**



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Working method:

Olga De Bacco has been guiding individual practice for about 20 years, has been holding seminars and trainings in Italy, Switzerland and Russia (once in Georgia). She works in a humanistic direction, whose common aim is personal integration, restoration of the integrity of the heart and mind, of the psyche and soul and integrity of the human individual through experience, awareness, acceptance and integration of new experiments. Her working method with body and elaboration of the lived experiences based on the Bioenergetic Analysis * by A. Lowen, on Dynamic and Analytical approach.

**“The fundamental thesis of Bioenergetic Analysis is that the body and consciousness function as a whole: the work of consciousness is a reflection of what is happening with the body, and vice versa.”* Alexander Lowen

For this work you will need:

- Plaid or bedspread
- Floor mats
- Handkerchieff/neckerchieff
- Mirror
- Notebook and pen
- Medium sized pillow
- Comfortable clothes (without straps and tight trousers) and socks

Place: “Akhasheni Wine Resort” - Turn 42, 1502 Gurjaani, Georgia

Cost: Enrolment fee + Hotel and accommodation + coffee break + all meals + the organization round-trip of transportation from Tbilisi to "Akhasheni" Kakheti (the cost of the return is excluded) € 680

Workshop takes place in Russian.

For information and to register send the email integrazia3day@gmail.com to call +995599338883 with the request and we send you the registration forme.

“I got to know a lot about myself, now making decisions is easier and more understandable for me, I'm sincerely grateful.”

“That was my first experience, and I never thought I could realize in three days how I used to discourage myself. Thank you. Come back soon”

“I felt my strength and body energy and I realized I can live without making so many efforts in order to prove something to others. There were a lot of exercises that helped me understand how I block anger and other emotions. Thanks to you and to all participants.”

“It was about overcoming the sense of shame and about unexpressed feelings. I'm very happy to get to know that we are all similar and at the same time very different. There was a lot of warmth and acceptance of ourselves and others.”

