

# Free Introduction Seminar

## Bodywork that deepens your clients' learning

*physical techniques vital for you, your client and relationships*  
*For those who guide others*

To introduce these techniques and their affect, we are running a free Seminar from 09:00 – 10:30 in Dublin on

🕒 **18 October 2019**

where you will be introduced to

- 🕒 the relevance of body awareness, posture and movement; yours and your client's
- 🕒 a platter of bodywork techniques / embodiment tools
- 🕒 how to work with the body confidently and safely
- 🕒 Improved self-awareness in the context of guiding others
- 🕒 bodily leadership and influencing skills
- 🕒 Human Systems Dynamics
- 🕒 Techniques to manage pressure and complexity
- 🕒 “reading” others and employing your intuition
- 🕒 embodied intelligence
- 🕒 the role of human's sub- and unconscious

Registration is mandatory to confirm your place(s) on either Seminar here: [www.tobe.ie/contact](http://www.tobe.ie/contact). Once you have registered, you will receive formal confirmation of your place and details of the event.

We look forward to seeing you there and answer your queries

A **Weekend Training Retreat to be able to use these techniques** in your work is scheduled from 29 November – 1 December 2019.

For more information on the in-depth Training Retreat, click [here](#)