

HOLDING THE UNSPOKEN: THE ART OF TOUCH IN PSYCHOSOMATIC WORK

INTRODUCTORY WORKSHOP

(9AM TO 4PM; 1.5H LUNCH)

9:00 –9:15	WELCOME
9:15–9:30	MINDFULNESS
9:30 – 9:45	DISCUSSIONS AND REFLECTIONS
9:45–10:00	GROUP DISCUSSION
10:00–11:00	LECTURE
11:00-11:15	BREAK
11:15–11:25	LECTURE
11:25-11:45	PRACTICE & DISCUSSION
11:45–11:50	LECTURE
11:50-12:15	PRACTICE & DISCUSSION
12:30-2:00	LUNCH
2:00-2:45	TOUCH IN SOMATIC WORK
2:45-3:15	PRACTICE
3:15-3:30	BREAK
3:30–3:45	STRUCTURE OF THE FULL TRAINING
3:45 –4:00	Q&A