

Chapter 1 : Embodied Intimacy â€“ calendrierdelascience.com

We believe embodied intimacy is essential to feel alive, connected and experience fulfilling relationships. With a diverse offering of workshops, retreats, trainings and private sessions, we provide you with both a pragmatic and experiential education in embodied intimacy.

More About the Belly2Belly Practice: The core of this practice involves slowing down the sympathetic nervous system until the whole body is relaxed and open to the wisdom of the gut and heart. Conscious use of breath, sound, movement, and touch increase embodiment and attunement to one another. It gently melts away the barriers to love and opens to the possibility of being nurtured by human connection. It is a tribal group practice where everyone practice with everyone. Each person is seen as a mirror and holds a key to unlock a deeper self-acceptance and harmony within yourself. Within the peace and safety of the container being held, individually and collectively, the tribe members can start to heal their relational wounds. At the speed of love we learn how to live from the wisdom of our heart instead of the worry of our minds.

More About Embodied Intimacy: Embodied Intimacy is created to address the fact that very few of us have any formal, or conscious, education in intimacy. We live in a world that teaches us how to read, write, calculate and solve logical problems. However, we are not taught how to love and be loved in a way that fits the unique shape of our heart. Embodied Intimacy asks you to show up and reveal yourself authentically. To take risks and vulnerably let others see you as you are. To hold others in non-judgmental awareness as their mirror to let them see into and reflect you. To be intimate and create intimacy: The truth of each moment has the potential to set us free by allowing ourselves to be all that we are. Embodied congruence, authenticity and vulnerability has the power to shave off the dead callus of defensiveness and leave us more naked and available to be touched, met, intimate, and to transform and upheaval the way we relate. This intensive and all Embodied Intimacy events and workshops are an experiential and pragmatic education of intimacy. We encourage participants of all levels of emotional maturity to cultivate their emotional intelligence. As a result of participating in Embodied Intimacy workshops you will gain trust in your authentic ability to initiate, collaborate and relate with more heart.

He literally wears his heart on his sleeve and has a reputation for pleasantly shocking an entire room with his candid emotional awareness and ability to reveal himself, transparently, no matter how awkward and messy it might look. His warm, open style gives permission for people to come home to themselves, embodied in an ecstatic atmosphere of vulnerability. Buster is an expert at gently guiding people into their bodies, through the shadow work, landing them safely into their heart, where vulnerable transparency is accessible and emotional intimacy becomes transformational. He draws his approach from a journey of over a decade of living in intentional communities, combined with his studies and practices of various body-centered disciplines of awakening. Buster's gift lies in his eloquent execution and powerful ability to create a safe space for individuals and groups to fearlessly navigate their emotional bodies as the pathway to liberation. Buster began his career in Sweden as a professional dancer and choreographer. After a ten-year career in performing arts in Scandinavia Buster moved to the United States, where he studied and received his degree in psychology. For the last seven years Buster worked primarily as a body-centered psychotherapist with clients who struggle with trauma and addictions.

Rachel Rickards Rachel Rickards is an adventurous spirit in the realms of love, sex and relationship. Her natural exuberance gives permission to others to explore their authentic selves in uncharted territory. Her never ending enthusiasm and energy for the work of transformation and the ease of play at the same time is a huge gift adding depth coupled with perspective to everything she does. With Rachel, comes a passion for relating and loving in alternative ways and helping people find their truth in the way they want to love and be loved. She has sincere empathy for the difficult path of relating outside of the box, but also great enthusiasm for the spiritual journey it is to find your own relationship to relating with others, and ultimately, most importantly, to yourself. More recently, Rachel has been thriving in her work with women empowerment, helping her clients to find their voice and define their boundaries; to live life actively owning the kind of relationship their heart desires. Stay connected with Buster and Rachel www.embodiedintimacy.com.

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Embodied Intimacy Training - Program Details. This is a 9 month program starting in November and ending in June Up to 24 group members will meet in person four times during the 9 months, for 5 days each time.

Chapter 3 : Embodied Intimacy Brighton - Deepening Love

Embodied Intimacy was created to provide something that is missing in this world, which is a pragmat.

Chapter 4 : Embodied Intimacy: In Motion - Deepening Love

Therapist specializes in relationship and sexual enrichment through breath and body awareness, developing intimacy skills, expressing love, accepting pleasure, & enhancing sexual desire, through embodied Gestalt therapy.