

## Through the Body to Heal the Soul - Introduction to Biodynamic Medicine – Led by Mary Molloy



**Mary Molloy**, Clinical Director of the Arrigo Programme and Founder of the Institute of Biodynamic Medicine<sup>®</sup>, has developed new insights and protocols from the combination of Gerda Boyesen's core biodynamic psychology theory and practice and recent research findings in neuroscience. Joined by other senior Licensed Biodynamic Psychotherapists, she will share and demonstrate these findings at the Introductory Workshop, and there will be opportunities for each participant to work in pairs and small groups to experience this approach.

### One Day Workshop – Sat 16<sup>th</sup> March 2019 10-1 and 3-6pm Fee £120

Biodynamic Medicine<sup>®</sup> is defined as the art and science of healing in accordance with biodynamic principles. It brings a radical new dimension to total wellbeing. Recent research in neuro-science has indicated that the brain and gut are directly connected. Each play a crucial role in maintaining health and happiness; and recovery from trauma and stress, howsoever caused.

The aim of biodynamic medicine and experience is to restore the health of this connection, and enhance the circulation of life energy between the brain, heart and gut. Bio-dynamic is the life enhancing flow – the river of life - that nourishes our body and mind. It nurtures the soul and renews our sense of meaning and purpose. It brings quality relationships with self and others and builds capacity and zest for living.

Our experiential biodynamic workshops can often mark the beginning of a lifelong journey of self-discovery. In this workshop we will explore and experience the benefits of this new knowledge.

### What previous participants have said

*“Based on the amazing discoveries of Gerda Boyesen, this approach was a completely new, holistic understanding of the physical and emotional workings of the body.*”

*No drugs or medications are used. Just this deep knowledge; and gentle massage and other techniques for releasing compromised energy channels in order to re-establish the original free-flow of energy functions. I can recommend this work most highly to any age group.”*

*“This is energy work that goes to the cellular level of our human experiences and dissipates the trapped energy for moving forward in living.”*

*“I experienced the workshop as very moving, very informative, very creative and at all times interesting.”*

*“The biodynamic training, Mary Molloy, her great team and my fantastic group helped me back from the hell I had been living in and enabled me to really start living my life. My training was the best gift I could ever have ever given to myself.” ne*