

Assistants



CORINNA KITCHEN

BA Hons Licensed
Biodynamic Psychotherapist
Member IOBM; Founder:
Biodynamic Wellbeing
biodynamicwellbeing.co.uk

Corinna has been involved in the biodynamic field for 15 years. She runs her Biodynamic Wellbeing practices from the Wild Clinic and at the Open Door in Lewes. Both are IOBM Registered Biodynamic Clinics. Corinna offers biodynamic psychotherapy and massage for wellbeing and supports clients in all stages of their lives. She specialises in curating bespoke biodynamic residential retreats over 3-6 days in Lewes. She has a degree in Art and Design, with a Fashion Design background and also runs creative classes and the Children's Art Workshops in Lewes.



GILL BELL

B.Ed Licensed Biodynamic
Psychotherapist, Fellow
IOBM; Deputy Training
Director, Institute of
Biodynamic Medicine

Gill has worked in the biodynamic field for almost 22 years. She is a qualified Primary School Teacher, and was involved in Sligo Arts over many years. Gill offers biodynamic residential programmes in Strandhill, Co Sligo and maintains her independent Biodynamic Clinic practice there, as well as at the Biodynamic Clinic at The Gables, in Shankill, Dublin. Gill is Convenor of North West Humanists in Sligo.

Workshop Leader



MARY MOLLOY

BA (Hons) FIOBM Founder
and Principal Institute of
Biodynamic Medicine

Mary has over 40 years experience in this field. She has applied and evolved the clinical methods of Biodynamic Psychology and Psychotherapy developed by Clinical Psychologist Gerda Boyesen into the newly emerging field of Biodynamic Medicine. She specialises in biodynamic treatments for relief of physical and nervous symptoms, diagnosed and chronic conditions, physical and emotional pain, and relief from the effects of stress and trauma, however caused. The aim is to restore peace, essential organic relaxation, happiness and well-being.

DATES & TIMES

Saturday 10th November
& Sunday 11th November
10am-6pm

LOCATION

The Open Door, Church Twitten
32 High Street, Lewes, BN7 2LU

COURSE FEE

£195

BOOKINGS

Contact Corinna: 07974 355 775
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Biodynamic Medicine and it's related fields Introductory Weekend

The biodynamic
approach to good
health, happiness
and wellbeing



Lewes

**Saturday 10 th
& Sunday 11th
NOVEMBER**



INSTITUTE OF
BIODYNAMIC
MEDICINE

An experiential weekend for those interested in finding out more about the biodynamic approach, or in training in Biodynamic Medicine and its related fields with the Institute



Loudspeaker Stethoscope



Biodynamic Massage

Our weekends can often mark the beginning of a lifelong journey of self discovery based on the biodynamic principles of self-regulation, 'primary personality' and independent wellbeing.

Learn about stethoscope massage and psycho-peristalsis

Biodynamic Medicine is defined as the art and science of healing in accordance with biodynamic principles. Based on well established, safe and proven biodynamic psychology and psychotherapy practices, IOBM is engaged in the development and application of new biodynamic protocols to advance knowledge in this field.

"This is energy work that goes to the cellular level of our human experiences and dissipates the trapped energy for moving forward in living." Clinical Nurse Specialist

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

"The weekend helped me to feel my emotions, allow them, articulate them, and clarify my position in staying with them".

"I began to feel connected to the world in a new and energetic way. It helped me to get beyond my neurotic self. It facilitated my experience of energetic pulsation and rhythm."

The Biodynamic approach

Recent research in neuro-science has indicated that the gut and brain are directly connected, and each play a crucial role in recovery from trauma and stress, howsoever caused. The gut can upset the brain just as much as the brain can upset the gut. The aim of the biodynamic approach is to restore psycho-peristalsis in the gut, re-engage the brain-draining function of the glymphatic system and restore regulation of neuroreceptors in the brain and gut.

These innate healing mechanisms, rooted in the gut and brain, restore the life-saving 'fight and flight' and 'freeze mechanism' responses to optimum function if they have become startled, frozen, shut down or disengaged for any reason.

During the weekend the group becomes a safe place to 'rest and digest' and restore the 'social engagement system' - an essential key to happiness and involvement in life.

Bio means life, **dynamic** means movement. Biodynamic is a life enhancing flow that nourishes the body and head, building capacity and zest for life. It also nurtures the mind and soul, ignites our passion and renews our sense of meaning and purpose.

There is a healing mechanism in the body that dissolves tension and resolves conflict on the organic and unconscious level - this is the 'great secret' of vegetative release - psycho-peristalsis"

Gerda Boyesen, Founder of Biodynamic Psychology

What to expect

Have you ever felt like having a place to reflect take stock, gain perspective, and explore new ways of living and being?

Our experiential weekends are a great way to do all of these things and more. Come and meet like-minded people in a biodynamic environment, designed for your comfort and learning. We will demonstrate 'stethoscope massage', have questions and answers, and experience this work through exercises in small groups and pairs.

Biodynamic processes bring fresh energy, joy and vitality for life. They can bring a feeling of being able to move forward with renewed confidence and strength. Important themes in our work include flow, passion, purpose, lightness, the joy of living, genuine relief from stress and pain, return to peace and health, social engagement and quality relationship with self and others.

"I learned to trust myself and to listen to the wisdom of my gut, its okay to speak my truth, to experience true freedom."

"This has been a very special two days for me. I leave here with a very thankful heart."

"I found the weekend delightful and inspiring. While challenging at a personal level, it was very worthwhile. I would highly recommend this weekend to others."

"Preventative and healing medicine at its best"