

Assistants



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.



OLIVE KENNEDY

Licensed Senior Biodynamic Psychotherapist, Fellow IOBM, Deputy Clinical Director -The Biodynamic Clinic

Olive works at the Biodynamic Clinic in Killala. She offers individual ongoing sessions and also block therapy for those who may have to travel from further afield. Olive has over 23 years experience working in this field. She is a founding member of Killala Quilters and has published a book about the Famine in Ireland-"An Gorta Mór"

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, howsoever caused. The aim is to restore nourishing flow, peace, essential organic relaxation, happiness and well-being.

DATES & TIMES

Wednesday 17th July -
Sunday 21st July
10am-6pm

LOCATION

Biodynamic Clinic
Quay Road, Killala, Co Mayo

COURSE FEE

€595

BOOKINGS

Contact Gill: 087 295 8206
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BIODYNAMIC MEDICINE

INTERNATIONAL SUMMER SCHOOL

MAKE UP
YOUR OWN
MIND

FOLLOW
YOUR
HEART

TRUST
YOUR
GUT
INSTINCT



Killala

Co. Mayo, Ireland

Weds 17th July -
Sun 21st July



INSTITUTE OF
BIODYNAMIC
MEDICINE

Biodynamic Medicine is defined as the art and science of healing in accordance with biodynamic principles. It brings a deep-rooted and radical new dimension to total well-being.



Biodynamic Glymphatic System Treatment



Biodynamic Massage

International Summer School

This is an experiential group for those interested in finding new tools for living and who want to know more about the biodynamic approach. It is also a good foundation if you are looking for a new career and you want to train in Biodynamic Medicine and its related fields.

Our groups 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. Bio-dynamic is the nourishing flow that nurtures the soul and renews our sense of meaning and purpose.

We look forward to seeing you.

"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 workshop 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. Including awareness of the mind and heart in this process, the biodynamic approach works with biodynamic massage, bodywork, psychotherapy and group work to restore the circulation of nourishing life energy between the brain, heart and gut, to all the cells and tissues and out into the bio-field.

In one to one treatments and demonstrations we use a loudspeaker stethoscope to monitor 'psycho peristalsis' feedback from the gut with the aim to eliminate all residual waste products from the body and head and especially in the central nervous system (CNS) and brain. The brain has a newly discovered draining system known as the glymphatic system. We monitor this activity in order 'that the intelligent body can empty' all 'dirty water' from the CNS and body and restore the nourishing flow of the 'river of life'.

This process re-sets the normal operation of our life-saving 'fight and flight' and 'freeze mechanism' responses to their optimum function so that they are only activated when needed and do not remain constantly 'switched on' or 'shut down'. It also helps to support normalisation of neuroreceptors rooted in the brain, heart and gut and re-engages our naturally charming 'primary personality'.

What to expect

In the summer school we will explore and experience the life enhancing benefits of this new knowledge. We will find creative ways to restore the flow of life energy (bio-dynamic) in the natural channels and pathways of the body.

Within a comfortable biodynamic environment the group becomes a safe place to articulate feelings and knowledge, to 'rest and digest' and to restore the 'social engagement system'. This is an essential key to happiness and involvement in life.

Mary Molloy, Founder of the Institute of Biodynamic Medicine will joined by other Senior Licensed Biodynamic Psychotherapists to share and demonstrate these findings.

All are Welcome.

"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 group for me. I leave here with a very thankful heart."

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

"Preventative and healing medicine at its best"