

# Beyond the mind/body split

**May 29-June 1, 2008**

Both the body and the personality are reflections of the process by which we live life. Does the mind create the body or via versa? What is the relationship between “mind “and body, soul and cell?

In this 4 day workshop we will travel that in-between terrain that is both body and soul, journeying to a time/space in which cells become tissue and perceptions form experience, meaning and behavior. Beyond the mind/body split we meet ourselves beneath the survival instincts that have shaped us – in body and personality. Through inquiry, we will cultivate a relationship with the original Self, its purpose and potential in this lifetime. In so doing, we participate in the unfolding creation of our own organism.

## **This workshop addresses:**

- the relationship between body and psyche
- how to deal with old patterning - both physical, and mental/emotional
- how to co-create a coherent Self - physical and non-physical
- how to align and form an ongoing relationship with your deepest essential Self.
- Open perceptual possibilities.
- Increasing the capacity to sense and move coherently
- Revitalizing bones, joints, nervous system
- Promoting health on all levels
- Transition from fear-based living to love-based relationship with Life



**Carole Burstein PhD.** Has been exploring the relationship between spirit and matter for the last 35 years, She has practiced Jungian psychotherapy since 1977 and became involved in Continuum in 1982. Carole is an authorized Continuum teacher and a licensed Clinical Psychologist. Her passion for exploring the meaning and molecules of human-ness through thought, image, dream, emotion and body sensation, has alchemically combined to create “Living Inquiry”, a vehicle for human transformation. When she is not traveling and teaching she holds Continuum/Living Inquiry classes and maintains a private Jungian practice, “living her inquiry” on Maui



**Robert Litman** is a movement profession & creator of The Breathable Body. Together with Emilie Conrad, he has developed The Body I Question series and Wellsprings Practitioner Program. A certified teacher of Buteyko Breathing Retraining, he helps people with disorders such as asthma, anxiety, allergies, fibromyalgia, chronic fatigues syndrome and sleep disorders. He combines his unique approach to teaching anatomy, breathing and biology with Continuum to uncover deeper realms of Somatic Intelligence. As an Authorized Continuum teacher, he teaches in the U.S. and internationally. When at home in Tucson, Arizona, he maintains a private practice in movement and breath education.

**Cost:** \$450 (early bird price is \$415 by May 1st)  
**CEU:** 35 hours  
**Location:** GO Studio, 7440 N. 49th St. near Boulder,  
**Dates:** May 29-June 1, 2008  
**Hours** 10:30 am – 6 pm Thursday and Friday  
Sat 10 am – 5 pm with a evening session starting at 7 pm until?  
Sunday, 10:30 - 4:30 pm  
**Contact:** Gael Ohlgren, 303.530.2992, [gael@gaelohlgren.com](mailto:gael@gaelohlgren.com)