



## Bodhi Art

Wege der Achtsamkeit

### Bodhi Marion Kotowski

#### Single-, couple, family- and group sessions

- Integration of early imprints
- Somatic Blueprint™
- Somatic-Experiencing (SE)®
- Couple & single relationship counseling
- Single and group supervision
- Parental preparation
- Family work with children

### Integration of early imprints

#### Process oriented intensiv workshop

Early disturbances around conception, gestation, birth or the first months of life can cause multiple difficulties in themes around contact with other people: a lack of trust, feeling in need, entitled, frozen, sensation of inner emptiness, isolation, difficulty to feel connected or belong, feeling safe as the world might not have been a safe place at that time.

We mindfully and gently approach themes around feeling protected, being held, vulnerable and welcomed, arriving safely, growing, expanding and flourishing.

We will use the language of the body, we let the body lead us, create a safe space and enable an experience of safety and trust.

Recurring patterns in behavior and life can modify in this deep gentle work. Healthy bonding and the unfolding of the individual are being supported.

The seminar invites you to a journey arriving in yourself, loving and accepting yourself, deep self-acceptance enhancing love and connection.

The goal of this seminar together with your own intention is to ignite a process of self-healing.

Every participant will explore their chosen subject with the support of the group in an individual process.



There will be longer lunch breaks each day and shorter tea breaks in between. Keep the evenings free please as the ending time is open each day.

Early registration of at least six weeks in advance is appreciated as the preparation time is significant for the process.

Accommodation and food is not included in the seminar cost.

Dates and costs are listed on my website.

Somatic Blueprint™ was developed by Ray Castellino.



### Somatic-Experiencing®

#### Shock & Trauma Effects Resolution

SE is a trauma resolution method, aiming at restoring the vitality of life force in the organism. SE supports the integration of the biological process in slow small steps.

SE defines trauma as a reaction towards an experienced threat ending up as the incomplete biological response being bound within the nervous system.

The effects last as the organism experiences the threat still in the here and now. The body reacts and shows numerous physical symptoms, behaviors, sensations, emotions and thoughts.

Trauma is not being defined by SE as the event but rather the body's reaction towards the challenge. Experiences during pregnancy, birth, neglect, developmental trauma, accidents, (dental) surgeries, falls, flights, loss, disease, violence, death, war, natural disasters and many more might cause a traumatic response within the organism which will be resourced, processed and self-regulation re-installed.

### Somatic Blueprint™

Somatic Blueprint™ focusses on the impact of pre-, peri- and postnatal themes and uses several somatic and psychotherapeutic approaches.

#### Registration & information:

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