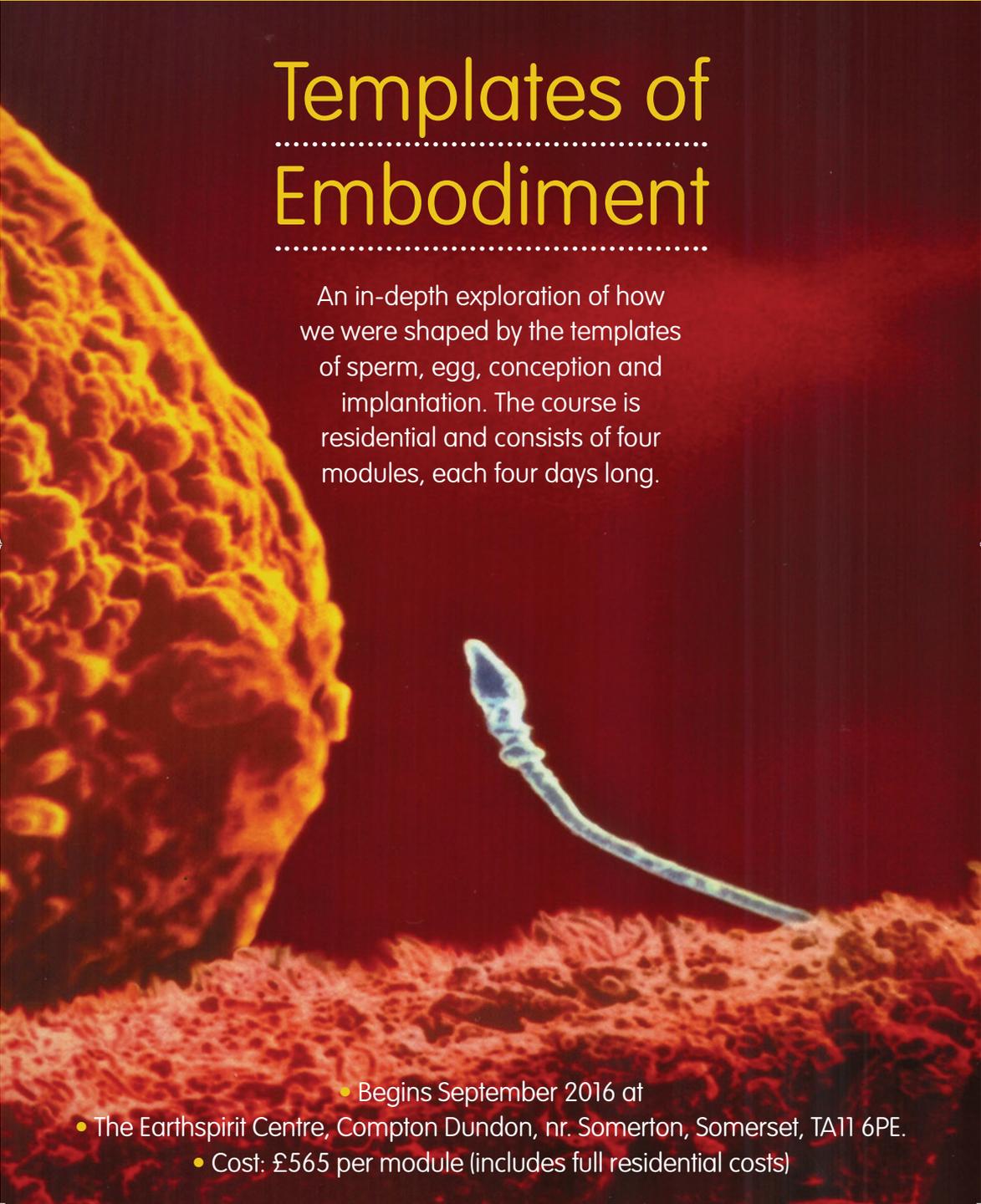




# Conscious Embodiment Trainings



## Templates of Embodiment

An in-depth exploration of how we were shaped by the templates of sperm, egg, conception and implantation. The course is residential and consists of four modules, each four days long.

- Begins September 2016 at
- The Earthspirit Centre, Compton Dundon, nr. Somerton, Somerset, TA11 6PE.
- Cost: £565 per module (includes full residential costs)

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**E**very cell in your body originates from the sperm and egg of your parents and carry with them the memory of those original cells. These cellular memories inform our present day lives in ways that we are barely aware of and yet are extremely powerful. Here at the cusp of where consciousness meets biological life powerful dramas are played out that we can find echoed in ancient myth and modern Hollywood blockbusters.

Archetypal forces are at work in our beginnings, which shape our sense of who we are, why we are here and what meanings our lives carry. The four workshops explore these primary templates through embodied processes that connect us with our beginnings,

so that we can understand how the deep emotional self and the perceptual filters by which we experience the world were forged. The opportunity to identify and resolve trauma associated with these templates supports us to be more fully embodied in the present and less driven by self-limiting survival strategies that no longer serve us. Time is given to research and honour our personal stories and to the integration of new possibilities. Personal research through embodied experiential exercises is supported by theoretical teaching sessions, hand-outs and group discussions.

In cooperation with:



## Facilitators:



**Matthew Appleton** MA RCST UKCP – is a registered Psychotherapist and Craniosacral Therapist. He trained in Pre and Perinatal Education with Karlton Terry in Switzerland

and has assisted Karlton in the UK and is a member of the International Society of Prenatal and Perinatal Psychology and Medicine. He has more than 20 years experience of lecturing and facilitating workshops in the UK, Europe, South Africa and America.



**Jenni Meyer** RN RM BSc Hons. RCST - trained and worked as a nurse in South Africa, before coming to Europe to work as a nurse and train as a midwife. For the past

decade Jenni has continued ongoing training in Pre and Perinatal Education with Karlton Terry and has assisted on some of Karlton's UK trainings. Her home is now in Bristol where she has a busy Craniosacral Therapy practice.

For dates and the full curriculum please contact:

**Conscious Embodiment Trainings**

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