

Open Centre

SEP2008 - AUG2009

growth therapy healing movement



- Introductory events
- Ongoing groups
- Weekend & day groups
- Intensives, trainings & residentials

SEPTEMBER 08

- 3 Introduction to Bioenergetics Guy Gladstone
- 3 Bioenergetics restarts Guy Gladstone
- 4 Bioenergetics restarts Guy Gladstone
- 21 Anger all Angles Guy Gladstone
- 23 Feldenkrais Tuesday Series starts Scott Clark
- 24 Feldenkrais Wed Series starts Scott Clark
- 24 Deep Bodywork: Intro Evening Silke Ziehl
- 25 Primal Integration Ongoing Group starts Juliana Brown & Richard Mowbray
- 26-28 Primal Integration Weekend Group Juliana Brown & Richard Mowbray
- 27-28 Tender Toughness Silke Ziehl

OCTOBER 08

- 3-6 Deep Bodywork Foundation Training starts Silke Ziehl
- 17-19 Primal Integration Weekend Group Juliana Brown & Richard Mowbray
- 18-19 Bodies & Boundaries (CPD workshop) Silke Ziehl
- 25 Feldenkrais: Freeing the Upper Back & Shoulders Scott Clark

NOVEMBER 08

- 5 Introduction to Bioenergetics Guy Gladstone
- 6 Primal Integration Ongoing Group starts Juliana Brown & Richard Mowbray
- 8-9 Bioenergetics Weekend Guy Gladstone
- 12 Pulsing: Intro Evening Silke Ziehl

- 14-16 Primal Integration Weekend Group Juliana Brown & Richard Mowbray
- 19 Introduction to Psychodrama Guy Gladstone
- 22-23 Pulsing Intensive/ Training: the back Silke Ziehl
- 22 Feldenkrais: Core Mobility! Scott Clark

DECEMBER 08

- 5-7 Primal Integration Weekend Group Juliana Brown & Richard Mowbray
- 7 Psychodrama Day Guy Gladstone

JANUARY 09

- 7 Introduction to Bioenergetics Guy Gladstone
- 7 Bioenergetic Therapy restarts Guy Gladstone
- 8 Bioenergetic Therapy restarts Guy Gladstone
- 13 Feldenkrais Tuesday Series resumes Scott Clark
- 14 Feldenkrais Wednesday Series resumes Scott Clark
- 15 Primal Integration Ongoing Group starts Juliana Brown & Richard Mowbray

- 16-18 Primal Integration Weekend Group Juliana Brown & Richard Mowbray

- 25 Anger all Angles Guy Gladstone
- 31 Feldenkrais: Finding Your Strength Scott Clark

FEBRUARY 09

- 7-8 Bodywork Group Dynamics (CPD workshop) Silke Ziehl
- 13-15 Primal Integration Weekend Group Juliana Brown & Richard Mowbray

- 25 Introduction to Bioenergetics Guy Gladstone
- 25 Deep Bodywork: Intro Evening Silke Ziehl
- 26 Primal Integration Ongoing Group starts Juliana Brown & Richard Mowbray

MARCH 09

- 8 Bioenergetics Day Guy Gladstone
- 13-15 Primal Integration Weekend Group Juliana Brown & Richard Mowbray
- 14 Feldenkrais: Touching, Pushing & Pulling Scott Clark
- 21-22 Sexuality & the Heart Connection Silke Ziehl
- 25 Pulsing: Intro Evening Silke Ziehl

APRIL 09

- 5 Facing up to Shame Guy Gladstone
- 9-12 Primal Integration Easter Intensive Juliana Brown & Richard Mowbray
- 22 Introduction to Bioenergetics Guy Gladstone
- 22 Bioenergetics restarts Guy Gladstone
- 23 Bioenergetics restarts Guy Gladstone

MAY 09

- 2-4 Pulsing Intensive/ Training: the front Silke Ziehl
- 5 Feldenkrais Tuesday Series resumes Scott Clark
- 6 Feldenkrais Wednesday Series resumes Scott Clark
- 9 Feldenkrais: Movement for Human Being Scott Clark
- 14 Primal Integration Ongoing Group starts Juliana Brown & Richard Mowbray

- 15-17 Primal Integration Weekend Group Juliana Brown & Richard Mowbray
- 20 Introduction to Psychodrama Guy Gladstone

JUNE 09

- 3 Introduction to Bioenergetics Guy Gladstone
- 6 Bioenergetics Day Guy Gladstone
- 5-7 Primal Integration Weekend Group Juliana Brown & Richard Mowbray
- 7 Psychodrama Day Guy Gladstone
- 18 Primal Integration Ongoing Group starts Juliana Brown & Richard Mowbray

- 20 Feldenkrais: Walking on Air Scott Clark

- 21 The Rainbow of Desire Guy Gladstone

JULY 09

- 1 Deep Bodywork: Intro Evening Silke Ziehl
- 3-5 Primal Integration Weekend Group Juliana Brown & Richard Mowbray
- 4-5 The Power of Intention Silke Ziehl
- 18-19 Bioenergetics Weekend Guy Gladstone
- 26-31 Primal Integration Summer Residential Juliana Brown & Richard Mowbray

SEPTEMBER 09

- 25-29 Deep Bodywork Advanced Training 09 starts Silke Ziehl

ABOUT US

Founded in 1977, we are one of the UK's longest established independent growth centres, offering a balance of different approaches within the broad field of humanistic psychology. We value our rich variety of experience, training and skills which is expressed in our key ideas: Therapy, Movement, Healing and Growth. We offer both group and individual sessions.

**The Open Centre, 3rd floor,
188 Old Street, London EC1V 9FR**
☎ (020) 7251 1504
ocinfo@opencentre.com
www.opencentre.com

SCOTT CLARK FELDENKRAIS METHOD

Feldenkrais Method involves exploring movement in order to develop a more complete self-image, influencing our ways of thinking, feeling and perceiving. Additionally, it offers relief from the stresses and strains of urban life, may help to ease stiffness and pain, and can enhance the skills of professionals such as athletes, dancers, actors and musicians.

In an Awareness Through Movement class, the teacher verbally guides the group through an exploratory movement sequence organised around a specific theme or function. An excellent way to learn how to move with greater ease, grace and economy of effort. In a one-to-one Functional Integration session the practitioner, through clear but gentle touch, enables the person to discover new alternatives to fixed or restricting movement patterns – helpful for those with specific movement difficulties, and suitable for people of all ages and abilities.

Further information: ☎ (020) 8469 0245
scottclark@opencentre.com
www.opencentre.com
www.feldenkraislondon.com

JULIANA BROWN & RICHARD MOWBRAY PRIMAL INTEGRATION

Primal Integration addresses the issue of how to live with deeper aspects of oneself in play. Often this will involve allowing unfinished traumatic experience from the womb, birth and infancy to emerge, since this is frequently what awaits when one attempts to live more deeply. However this is but a part of the more fundamental process of learning to live from one's centre, from one's deep inner self, in whatever way that may be presenting at the time. The emphasis of this work is on self-direction and self-regulation and allowing spontaneous growth processes to unfold rather than on a highly structured or directed programme. The work is undertaken in groups with minimal leader-determined structure but with appropriate ground rules for safe working, as well as in individual sessions. Further information: ☎ (020) 8341 7226 (Mon–Fri 9am–9pm)
richardmowbray@opencentre.com
julianabrown@opencentre.com
www.opencentre.com
www.primalintegration.com

SILKE ZIEHL DEEP BODYWORK PULSING

Working directly with the body, through attention, contact, breathwork and massage, bodywork allows very deep connections with deep inner realities, half-buried histories, hopes and dreams, anxieties and fears. When we touch those levels, we come alive, we reverberate with life and we can reconnect with our core.

In Energetic Integration, an innovative development of Reichian work, the focus is on the ebb and flow of the energy cycle and on freeing the movement of aliveness. Postural Integration uses slow, deep, integrative massage

strokes in addition to Reichian energetic bodywork, enabling the tissues to soften and emotions to flow. Hawaiian bodywork in the Kahuna tradition is based on the sacred initiation practices of the Pacific, and integrates body and soul. Pulsing is a modern derivative of this: through rhythmic rocking it enhances the expansion of the body and consciousness. Further information: ☎ 07764 200 113
silkeziehl@opencentre.com
www.opencentre.com; www.entelia.com

GUY GLADSTONE BIOENERGETICS & PSYCHODRAMA

Bioenergetics is a body-oriented therapy that emphasises the energetic processes of breathing, movement, feeling, sexuality and self-expression, and addresses interruptions of these life functions. Psychodrama, an action-based form of group therapy that promotes spontaneity and empathy, differs from other approaches in that the basic invitation is "show us" rather than "tell us", yet acting skills are not required. Further information: ☎ (020) 7272 6672
guygladstone@opencentre.com
www.opencentre.com
www.bodyspace.co.uk



TRANSPORT

Tubes

We are a two-minute walk from **Old Street station** (Northern Line). **Liverpool Street** (Circle, City, Metropolitan and Central Lines), **Moorgate** (Northern, Circle, City, and Metropolitan Lines) and **Barbican** (Circle, City and Metropolitan Lines) are also within walking distance.

Rail

Old Street is served by First Capital Connect's Moorgate line, several mainline services arrive and leave from **Liverpool Street** and **Moorgate** is served by Thameslink and First Capital Connect.

Buses

You can catch buses **55** and **243** on Old Street and numbers **21, 43, 76, 141, 205, 214, 271** and **394** on City Road.

Cars

Parking is metered during weekdays and Saturday mornings. We are just inside the congestion charging zone.

LOCATION

Take **exit 6 from Old St Station** (Old St west, southside). Go past the Shell petrol station and enter the door to **188 Old Street**. We are on the 3rd floor.

We regret that there is currently no access for wheelchairs but it is forthcoming.

HOW TO CONTACT US

Telephone

General enquiries, brochure requests, room bookings: (020) 7251 1504.
To speak to a specific practitioner: Call the appropriate number listed under each practitioner.

Post

Write to: The Open Centre, 3rd floor, 188 Old Street, London EC1V 9FR (be sure to have your return address on the envelope). You can also leave letters for us in our mailbox on the 3rd floor.

Email

General: ocinfo@opencentre.com
Room booking: ocreooms@opencentre.com
Practitioners: fullname@opencentre.com

Web

www.opencentre.com

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Sep2008–Aug2009

