

# The Open Centre

SEP2009–AUG2010

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



## SEPTEMBER 2009

- **9 Introduction to Bioenergetics** Guy Gladstone
- **9 Bioenergetics restarts** Guy Gladstone
- **10 Bioenergetics restarts** Guy Gladstone
- **20 Body Image, Discovery & Change** Guy Gladstone
- **22 Feldenkrais Tuesday Series starts** Scott Clark
- **23 Feldenkrais Wednesday Series starts** Scott Clark
- **23 Pulsing & Deep Bodywork: Intro Evening** Silke Ziehl
- **24 Primal Integration Ongoing Group starts** Juliana Brown & Richard Mowbray
- **25-27 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **25-29 Deep Bodywork Advanced 2 yr training starts** Silke Ziehl

## OCTOBER 2009

- **10-11 Body Talk** Silke Ziehl
- **18 Anger All Angles** Guy Gladstone
- **23-25 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray
- **24 Feldenkrais: Freeing the Upper Back and Shoulders** Scott Clark

## NOVEMBER 2009

- **1 Introduction to Bioenergetics** Guy Gladstone
- **5 Primal Integration Ongoing Group starts** Juliana Brown & Richard Mowbray
- **7-8 Bioenergetics Weekend** Guy Gladstone

- **7-8 Bodywork Group Dynamics: Interspersal (CPD workshop)** Silke Ziehl

- **13-15 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **18 Introduction to Psychodrama** Guy Gladstone

- **21-22 Pulsing Intensive: The Back** Silke Ziehl

- **21 Feldenkrais: Core Mobility** Scott Clark

## DECEMBER 2009

- **4-6 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **6 Psychodrama Day** Guy Gladstone

## JANUARY 2010

- **6 Introduction to Bioenergetics** Guy Gladstone

- **6 Bioenergetics restarts** Guy Gladstone

- **7 Bioenergetics restarts** Guy Gladstone

- **7 Primal Integration Ongoing Group starts** Juliana Brown & Richard Mowbray

- **12 Feldenkrais Tuesday Series resumes** Scott Clark

- **13 Feldenkrais Wednesday Series resumes** Scott Clark

- **15-17 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **31 Shock and Stress** Guy Gladstone

## FEBRUARY 2010

- **12-14 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **13 Feldenkrais: Arms, Shoulders & Neck** Scott Clark

- **17 Introduction to Bioenergetics** Guy Gladstone

- **18 Primal Integration Ongoing Group starts** Juliana Brown & Richard Mowbray

- **20-21 Pulsing Master Training: The Front** Silke Ziehl

- **27-28 See Me, Feel Me, Touch Me, Show Me** Guy Gladstone

## MARCH 2010

- **6-7 Tender Toughness** Silke Ziehl

- **12-14 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **13 Feldenkrais: Spiralling Down & Up** Scott Clark

- **13-14 Body Energetics (CPD Workshop)** Silke Ziehl

## APRIL 2010

- **1-4 Primal Integration Easter Intensive** Juliana Brown & Richard Mowbray

- **10-11 Pulsing Master Training: The Back** Silke Ziehl

- **14 Introduction to Bioenergetics** Guy Gladstone

- **14 Bioenergetics restarts** Guy Gladstone

- **15 Bioenergetics restarts resumes** Guy Gladstone

- **22 Primal Integration Ongoing Group starts** Juliana Brown & Richard Mowbray

- **25 Sexualities & Suppressions** Guy Gladstone

## MAY 2010

- **1-3 Pulsing Intensive: The Front** Silke Ziehl

- **4 Feldenkrais Tuesday Series resumes** Scott Clark

- **5 Feldenkrais Wednesday Series resumes** Scott Clark

- **7-9 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **19 Introduction to Psychodrama** Guy Gladstone

- **26 Introduction to Bioenergetics** Guy Gladstone

## JUNE 2010

- **3 Primal Integration Ongoing Group starts** Juliana Brown & Richard Mowbray

- **4-6 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **5 Feldenkrais: Finding Your Strength** Scott Clark

- **5 Bioenergetics Day** Guy Gladstone

- **6 Psychodrama Day** Guy Gladstone

## JULY 2010

- **2-4 Primal Integration Weekend Group** Juliana Brown & Richard Mowbray

- **3 Feldenkrais: Walking on Air** Scott Clark

- **10-11 Bioenergetics Weekend** Guy Gladstone

- **10-11 Pulsing Master Training: The Sides** Silke Ziehl

- **25-30 Primal Integration Summer Residential** Juliana Brown & Richard Mowbray

## SEPTEMBER 2010

- **18-19 Pulsing Master Training: Teaching Skills** 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.

Enquiries ☎(020) 7251 1504, email: [ocinfo@opencentre.com](mailto:ocinfo@opencentre.com); The Open Centre, 3rd floor, 188 Old Street, London EC1V 9FR  
[www.opencentre.com](http://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; [ocscott@opencentre.com](mailto:ocscott@opencentre.com); [www.opencentre.com](http://www.opencentre.com); [www.feldenkraislondon.com](http://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); [ocrichard@opencentre.com](mailto:ocrichard@opencentre.com); [ocjuliana@opencentre.com](mailto:ocjuliana@opencentre.com); [www.opencentre.com](http://www.opencentre.com); [www.primalintegration.com](http://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; [ocsilke@opencentre.com](mailto:ocsilke@opencentre.com); [www.opencentre.com](http://www.opencentre.com); [www.entelia.com](http://www.entelia.com)

## GUY GLADSTONE BIOENERGETICS & PSYCHODRAMA

Bioenergetics is a body-oriented practice 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 groupwork 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; [ocguy@opencentre.com](mailto:ocguy@opencentre.com); [www.opencentre.com](http://www.opencentre.com); [www.bodyspace.co.uk](http://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, 135** and **243** on Old Street and numbers **43, 76, 141, 214** and **271** 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. You will need a door entry code to get in.

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

### HOW TO CONTACT US

**General enquiries and brochure requests:**  
**020 7251 1504**  
[ocinfo@opencentre.com](mailto:ocinfo@opencentre.com)

**Room Booking:**  
**020 7251 1504**  
[ocrooms@opencentre.com](mailto:ocrooms@opencentre.com)

**To speak to a specific practitioner:**  
Call or email the appropriate number or address listed under each practitioner or visit [www.opencentre.com](http://www.opencentre.com)

### Postal address:

The Open Centre, 3rd floor, 188 Old Street, London EC1V 9FR (put your return address on the envelope). Letters can also be left for us in our mailbox on the 3rd floor if you have access.

[www.opencentre.com](http://www.opencentre.com)

movement growth therapy healing

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The Open Centre

Sep 2009 – Aug 2010

