

# Open Centre

SEP2010—AUG2011

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



## SEPTEMBER 2010

- 8 **Intro to Bioenergetics**  
Guy Gladstone
- 8 **Deep Bodywork & Pulsing: Intro Evening**  
Silke Ziehl
- 8 **Bioenergetics restarts**  
Guy Gladstone
- 9 **Bioenergetics restarts**  
Guy Gladstone
- 21 **Feldenkrais Tues Series starts**  
Scott Clark
- 22 **Feldenkrais Wed Series starts**  
Scott Clark
- 23 **Primal Integration Ongoing Group starts**  
Juliana Brown & Richard Mowbray
- 24-26 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray
- 26 **Anger All Angles**  
Guy Gladstone

## OCTOBER 2010

- 9 **Feldenkrais: Freeing the Upper Back & Shoulders**  
Scott Clark
- 22-24 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray
- 30- **Body and Soul**  
Silke Ziehl

## NOVEMBER 2010

- 3 **Intro to Bioenergetics**  
Guy Gladstone
- 4 **Primal Integration Ongoing Group starts**  
Juliana Brown & Richard Mowbray
- 6 **Feldenkrais: Bending & Lifting**  
Scott Clark
- 6-7 **Bioenergetics Weekend**  
Guy Gladstone
- 12-14 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray

- 13-14 **Body Energetics in Relationships (CPD Workshop)**  
Silke Ziehl
- 17 **Intro to Psychodrama**  
Guy Gladstone
- 19-24 **Deep Bodywork Advanced Training year 2 starts**  
Silke Ziehl
- 27-28 **Pulsing Intensive: The Back**  
Silke Ziehl

## DECEMBER 2010

- 3-5 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray
- 5 **Psychodrama Day**  
Guy Gladstone

## JANUARY 2011

- 5 **Intro to Bioenergetics**  
Guy Gladstone
- 5 **Bioenergetics restarts**  
Guy Gladstone
- 6 **Bioenergetics restarts**  
Guy Gladstone
- 11 **Feldenkrais Tues Series resumes**  
Scott Clark
- 12 **Feldenkrais Wed Series resumes**  
Scott Clark
- 13 **Primal Integration Ongoing Group starts**  
Juliana Brown & Richard Mowbray
- 21-23 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray

- 22 **Feldenkrais: Arms, Shoulders & Neck**  
Scott Clark
- 30 **Anger All Angles**  
Guy Gladstone

## FEBRUARY 2011

- 9 **Deep Bodywork: Intro Evening**  
Silke Ziehl

- 18-20 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray
- 19 **Feldenkrais: Moving from your Whole Self**  
Scott Clark
- 23 **Introduction to Bioenergetics**  
Guy Gladstone

## MARCH 2011

- 3 **Primal Integration Ongoing Group starts**  
Juliana Brown & Richard Mowbray
- 6 **Bioenergetics Day**  
Guy Gladstone
- 5-6 **Working with the Somatic Brain (CPD Workshop)**  
Silke Ziehl
- 12-15 **In Mind and Body**  
Silke Ziehl
- 18-20 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray

## APRIL 2011

- 3 **Facing Up To Shame**  
Guy Gladstone
- 21-24 **Primal Integration Easter Intensive**  
Juliana Brown & Richard Mowbray
- 27 **Intro to Bioenergetics**  
Guy Gladstone
- 27 **Bioenergetics restarts**  
Guy Gladstone
- 28 **Bioenergetics restarts**  
Guy Gladstone

## MAY 2011

- 10 **Feldenkrais Tues Series resumes**  
Scott Clark
- 11 **Feldenkrais Wed Series resumes**  
Scott Clark
- 12 **Primal Integration Ongoing Group starts**  
Juliana Brown & Richard Mowbray

- 13-15 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray
- 18 **Intro to Psychodrama**  
Guy Gladstone
- 21 **Feldenkrais: Strength or Lightness?**  
Scott Clark
- 25 **Intro to Bioenergetics**  
Guy Gladstone

## JUNE 2011

- 4 **Bioenergetics Day**  
Guy Gladstone
- 5 **Psychodrama Day**  
Guy Gladstone
- 10- **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray
- 16 **Primal Integration Ongoing Group starts**  
Juliana Brown & Richard Mowbray

- 25 **Feldenkrais: Walking on Air**  
Scott Clark
- 26 **The Rainbow of Desire**  
Guy Gladstone

## JULY 2011

- 1-3 **Primal Integration Weekend Group**  
Juliana Brown & Richard Mowbray
- 16-17 **Bioenergetics Weekend**  
Guy Gladstone
- 24- **Primal Integration Summer Residential**  
Juliana Brown & Richard Mowbray

## SEPTEMBER 2011

- 1 **Deep Bodywork: Intro Evening**  
Silke Ziehl
- 16 **Humanistic Alchemy starts**  
Guy Gladstone

## NOVEMBER 2011

- 25 **Foundation in Deep Bodywork 1-yr Training starts**  
Silke Ziehl