

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; The Open Centre, 3rd floor, 188 Old Street, London EC1V 9FR
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; 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); ocrichard@opencentre.com; ocjuliana@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; ocsilke@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; ocguy@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, 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.

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

Room Booking:
020 7251 1504
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

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



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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