



The Open Centre  
Sep 2011 - Aug 2012



- Introductory events

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- Ongoing groups

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- Weekend & day groups

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- Intensives, trainings & residentials

### SEPTEMBER 2011

- 1** Deep Bodywork: Intro Evening  
Silke Ziehl
- 7** Introduction to Bioenergetics  
Guy Gladstone
- 7** Bioenergetics restarts  
Guy Gladstone
- 8** Bioenergetics restarts  
Guy Gladstone
- 22** Primal Integration Ongoing Group starts  
Juliana Brown & Richard Mowbray
- 23-25** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray

### OCTOBER 2011

- 2** Body Image, Discovery and Change  
Guy Gladstone
- 22-23** Tender Toughness  
Silke Ziehl
- 14-16** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray

### NOVEMBER 2011

- 2** Introduction to Bioenergetics  
Guy Gladstone
- 3** Primal Integration Ongoing Group starts  
Juliana Brown & Richard Mowbray
- 5-6** Bioenergetics Weekend  
Guy Gladstone
- 16** Introduction to Psychodrama  
Guy Gladstone
- 11-13** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray
- 25-28** Foundation in Deep Bodywork 1-year training starts  
Silke Ziehl

### DECEMBER 2011

- 2-4** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray
- 2-4** Deep Bodywork Certification Phase 1 starts  
Silke Ziehl
- 11** Psychodrama Day  
Guy Gladstone

### JANUARY 2012

- 4** Introduction to Bioenergetics  
Guy Gladstone
- 4** Bioenergetics restarts  
Guy Gladstone
- 5** Bioenergetics restarts  
Guy Gladstone
- 12** Primal Integration Ongoing Group starts  
Juliana Brown & Richard Mowbray
- 13-15** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray
- 29** Shock and Stress  
Guy Gladstone

### FEBRUARY 2012

- 10-12** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray
- 15** Deep Bodywork: Intro Evening  
Silke Ziehl
- 22** Introduction to Bioenergetics  
Guy Gladstone
- 23** Primal Integration Ongoing Group starts  
Juliana Brown & Richard Mowbray

### MARCH 2012

- 4** Anger, All Angles  
Guy Gladstone
- 9-11** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray
- 10-11** Body in Relationship  
Silke Ziehl
- 24-25** Somatic Resonance (CPD workshop)  
Silke Ziehl

### APRIL 2012

- 5-8** Primal Integration Easter Intensive  
Juliana Brown & Richard Mowbray
- 16** Introduction to Bioenergetics  
Guy Gladstone
- 16** Bioenergetics restarts  
Guy Gladstone
- 17** Bioenergetics restarts  
Guy Gladstone
- 26** Primal Integration Ongoing Group starts  
Juliana Brown & Richard Mowbray
- 29** Sexualities and Suppressions  
Guy Gladstone

### MAY 2012

- 16** Introduction to Psychodrama  
Guy Gladstone
- 25-27** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray
- 26-27** Pulsing Intensive – the Sides  
Silke Ziehl
- 30** Introduction to Bioenergetics  
Guy Gladstone

### JUNE 2012

- 7** Primal Integration Ongoing Group starts  
Juliana Brown & Richard Mowbray
- 10** Psychodrama Day  
Guy Gladstone
- 13** Deep Bodywork: Intro Evening  
Silke Ziehl
- 29-1** Primal Integration Weekend Group  
Juliana Brown & Richard Mowbray

### JULY 2012

- 1** Power of Attention  
Silke Ziehl
- 14-15** Bioenergetics Weekend  
Guy Gladstone
- 22-27** Primal Integration Summer Residential  
Juliana Brown & Richard Mowbray