



Somatic Learning[®]
with Risa Kaparo, Ph.D.

The Art & Practice of

**Embodied
Mindfulness**

www.SomaticLearning.com



Awakening Somatic Intelligence

The Evolving Ground of Becoming at Esalen with Risa Kaparo, Ph.D.

April 20th - 25th, 2014

About the Workshop

Rediscover the sacred, spacious intelligence of your body-mind, source of transformative healing and the deep ecology of embodied mindfulness. In the stunning beauty of Esalen, we explore and go beyond object-bound, self-identification to allow for a rich, inside-out emergence of what wants to be lived as ourselves, all-at-once, here-now. Participants in this five-day workshop will learn how to:

- Engage self-sensing, self-organizing and self-renewing aspects of somatic intelligence
- Extend presence beyond the layers of habitual responses
- Access radical aliveness in its potency and tenderness
- Deepen benefits of neuroplasticity in transforming the brain and whole body.

For more information: visit www.somaticlearning.com or email inquiry@somaticlearning.com

Esalen

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Risa Kaparo, PhD.

Psychotherapist, Somatic Learning[®] facilitator, author, poet, songwriter and dancer, teaches her approach to self-healing and meditation all over the world, and shares these insights in her book, *Somatic Intelligence: The Art & Practice of Embodied Mindfulness*, and its companion material.