

Touching Dialogue Skills 1

- Inner permission to change

The focus of this workshop is to do basic training in body and touch awareness, and to work with “Inner permission to change”.

The founder of Touching Dialogue, David Kirk-Campbell, talks and writes about the “inner permission system”. It is a phrase that coins that deep inside every person there is a psychological dynamic that sometimes frustrate or inhibits desires, feelings, actions etc. to come out and take part in life.

One way to work with this dynamic is to go into deep contemplation, dwelling at a positive visualization, and by doing so to get inner permission to change. Furthermore, the contemplation is supported by gentle and respectful touch while lying on a massage table, creating the ideal setting for this kind of personal process.



Any change or development in life requires both inner permission and outer action. It is a lot of work to fight for a change that is restricted by an inner inhibition. It is like setting yourself up to go boldly forward while an inner voice whispers “don’t do it”. “Inner permission to change” is about allowing an inner voice of hope and courage, an inner voice that supports outer actions to take place.

We will work our way through the basic training building the framework for “inner permission to change”, which at the same time serves as an example of one way to use Touching Dialogue Skills.

The teaching will consist of short presentations, demonstrations, group sharing and a lot of working in pairs at a massage table - all participants will keep their clothes on at all times.

Practical:

The workshop is open to anybody with an interest in body and touch awareness, it will be a group of 8 participants.

It is an advantage to have some experience with meditation, bodywork and personal development, but it is not a requirement, what really matters is your curiosity towards contemplation, touch and awareness.

Teaching language: English

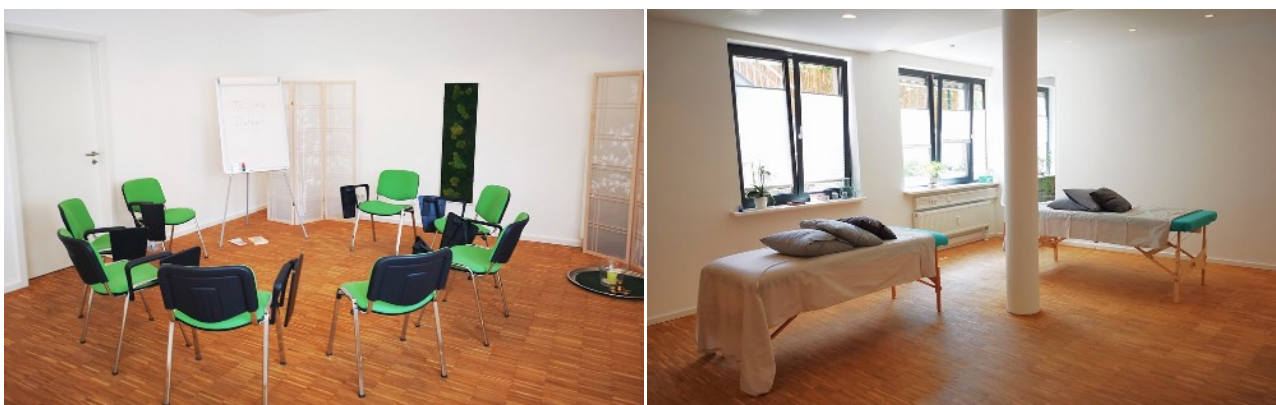
When & Where:

The weekend of 24.-25. October 2020.

Saturday from 10 to between 4 and 5.

Sunday from 10 to between 3 and 4.

Lobuschstraße 12, 22765 Hamburg Ottensen (5 min. from Altona Station).



Price:

Intro price 80€

When the workshop is over it will be nice if you leave a written feedback that may be used publicly (anonymously or with your first name, as you please) - not a requirement.

Registration:

Send an email to the teacher, Stefan Green Meinel at info@touching-dialogue.dk and you will receive a registration form to return.

Any thoughts or questions? Please send an email, and Stefan will be happy to answer in writing or meet you on Skype (no charge).

Touching Dialogue homepage: www.touching-dialogue.dk/td_hamburg.html