



Dynamic Energy Balancing® Class Agenda

Integrating Emotion- Retreat Format

Agenda

Day 1

Arrival:

2 hours- Intros and Overview of the class; short energy work trade or meditation

Day 2

9:30AM-1:30PM

- Lecture and discussion: Dynamic Energy Balancing Theory
- Emotion and suppression of emotion
- Benefits of unlocking our recall of the past through completing emotion
- Energy work trade

1:30-2:30 lunch

Day 3

9:30AM-1:30PM

- Lecture and discussion: Dynamic Energy Balancing Theory (continued)
- The nature of memory and how old memories surface
- Lecture/discussion/meditation/journaling on specific lifetime trauma and cutting the cords: conception, birth, the terrible twos, the wounding of adolescence, the shadow years, integration in adulthood.

1:30-2:30 lunch

Day 4

9:30AM-1:30PM

- Complete discussion from Day 3
- Ethics: Transference & Countertransference- Lecture, discussion, role-playing, small group work.

1:30-2:30 lunch

Day 5

9:30AM-1:30PM

- What is breath?
- Fear & the breath- discussion, exploration and experiential exercises
- Pain, resistance & the breath- working with pain
- Instructor-led guided group breathwork session

1:30-2:30 lunch

Day 6

9:30AM-1:30PM

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- Discussion
- Combining energy work & breathwork- applying Dynamic Energy Balancing theory
- Staying out of the way in balance with guidance & support
- Hands-on technique to release the ribcage and free the breath: demonstration and supervised practice
- Combining massage/bodywork, energy work, and breathwork: demo and trade.

1:30-2:30 lunch

2:30-4:30pm

- Lecture/Discussion: Strategies for reversing the suppression process in your life and managing the new emotional self
- Strategies for embracing the rich life of direct experience
- Closing circle