



ALPINE TALES 2016



PCP WINTER SCHOOL – 2ND EDITION

4-7 FEBRUARY 2016

PECOL DI ZOLDO (BL) – ITALY

FOR MORE INFORMATION
PLEASE VISIT WWW.COSTRUTTIVISMO.IT

Workshop

The Souls Breath - Creativity Cycles From Being To Acting And Back Again

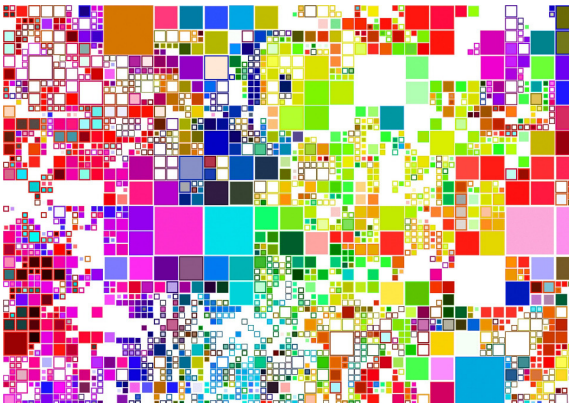
Richard Casebow (Psychotherapist, Edinburgh, Scotland)

Il Respiro delle anime - Cicli creatività dall'essere all'agire e ritorno

Richard Casebow (Psicoterapeuta, Edinburgo, Scozia)

Abstract

When we allow ourselves to be breathed, spontaneity can occur in a controlled creativity cycle in which we can move between being and acting.



This workshop will explore the mechanics of breathing that underlie being as an event and being in action. This will allow for an experiential understanding of core construing and PCP's professional constructs.

The loosening phase of the creativity cycle will be grounded in the movement of breath in being. Which will be taken as a preparation for tightening by allowing a CPC-cycle to occur and moving to being in action, where breathing, poise and balance go together.

For more information, please visit <http://www.costruttivismo.it/alpine-tales-2016/>

or send an email to: alpine.tales2016@gmail.com