

**the
Science
of Safety**



SOS CALL FOR PARTICIPANTS



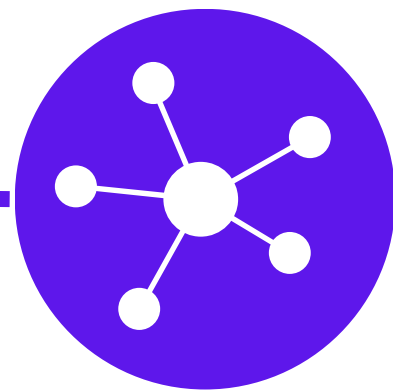
2022-2-HU01-KA210-ADU-000098600

Erasmus+ Partnership

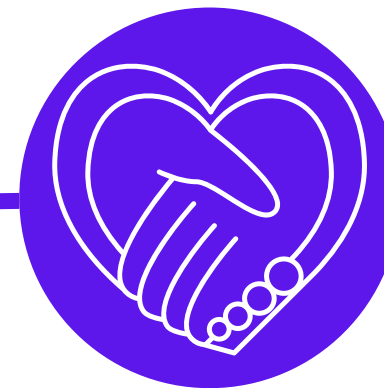
SBK



EMBD



WOC



Shinbukan Association

Embodiment Ltd. and We.apon of Choice Llc cooperates in this project to create intense and top level learning experiences in resilience and polyvagal understanding, using the simple tools and practices of Movement Medicine (a certified and Gestalt based conscious movement practice).



2:1 To ensure the best learning experience we will organize 2 different training. We suggest you take both, if it is possible for you. But any of these events is valid in itself.

INFO	SoS course 01 in resilience (phoenix)	SoS Course 02 . Polyvagal wisdom
date & place	21-26 MAY 2023, Hungary	8-17 OCTOBER 2023 Hungary
language	English	English
trainers	David Mooney (assisted by Patricia Mihalyi and team)	David Mooney, Yasia Leiserach (assisted by Audra Micallef, Patricia Mihalyi and team)
key words	resilience, self-care, burnout prevention	safe connection, polyvagal wisdom, ordinary tools to build efficient learning environments
format	blended : 6 days intensive + buddy system and online learning materials available for 7 months	blended : 10 days intensive + buddy system and online meetings to integrate and deepen the material

WANT TO REGISTER? E-MAIL US: sbkhungary@gmail.com

FAQ

- Who is this programme designed for?

Anybody interested in body-oriented modalities, experiential learning and involved with adult education on any level. We would give priorities to those who are at risk of burnout.

- I can't dance. Can I join?

Absolutely. SoS partnership is strongly rooted in conscious movement and conscious dance - especially in the modality of Movement Medicine, we made a very clear choice about not limiting our target group only to those who work with dance or movement.

- What is the difference between the 2 courses?

Beside the timeframe, the main difference is the learning outcome. In short, course01 is more focused on resilience, whilst course02 is more focused on the nervous system and polyvagal theory.

- Can I join either or both?

Absolutely. You are free to choose your level of involvement.



6 days the PHOENIX PROCESS **course for resilience**

21-26 May 2023 Hungary, Somogyvámos

Hosted by SBK supported by WOC and EMBD

This course is for you if you

- want to learn how to regulate yourself
- you need more ways to resource
- to befriend your past and gain power from your stories
- feel you are at risk of burnout
- are interested in body-oriented learning tools
- enjoy great music and free movement and wish to free the mind from clutter and chatter
- seek an international community of like-minded professionals



you will be guided to create the conditions to befriend all that is inside you, so you can reconnect with your true authentic self and learn to navigate from a more clear perspective of who you are in your relationship with others and your offerings in the world. This profound work can enable you to assume responsibility for and commitment to living your life in alignment with your deepest purpose. At the completion of this nervous system friendly intensive, you will have gained a thorough understanding of the Phoenix Process and will be provided with the support materials to practise at home, including a guided Phoenix Process and a rich online resource hub.

course overview -01

- What is resilience
- What is phoenix and how it relates to resilience, learn to use it
- What are the bodily cues of stress and overwhelm and also safety and connection
- What is interoception and how to learn it
- What could be a regular and manageable self-care and resourcing activity
- How to express verbally body sensations, feelings, emotional states, and mindsets
- How to use the body to better understand our feelings and reactions



10 days course for polyvagal wisdom

8-17 October 2023 Hungary, Somogyvámos



Hosted by SBK supported by WOC and EMBD

course overview -02

- an in-depth knowledge of the fundamental principles of Polyvagal Theory
- a personalized map for one's Autonomic Nervous System (ANS) and its states with cues.
- an increased capacity to use bodyoriented ways (dance, breathing, focus and touch) to fluidly navigate from one state to the other
- awareness of the pathways of the Social Engagement System and an easy access to them
- personalized tools to create an environment of safety and foster co-regulation (in teaching/learning situations)



Practicalities



SCHEDULE

21-26 MAY

first day 5 pm to last day 1pm

8-17 OCTOBER

first day 5 pm to last day 1pm

Both course are very intense including some late night sessions. We expect you to be fully present and on time at each sessions.

LOCATION

Radhé Resort

Somogyvámos, Táncsics M. u.

2-3 bed ensuite rooms, full board.

Vegan or vegetarian meals.

Jacuzzi and sauna for extra cost available.



**Co-funded by
the European Union**

This course is part of a KA210 small scale partnership project within Erasmus+ Programme



David Mooney



Senior trainer at Embodiment Ltd. David is a brilliant teacher and therapist. He is kind, patient, sharp at times and very receptive to the individual learning needs..



Yasia Leiserach



Co-trainer at Embodiment
Yasia is a path-finder in voicework and embodied sounding. She has 15 years of experience of working with multicultural groups . She is grounded and inspiring



assisting team



SBK and WOC will delegate trainers and apprentice teachers to assist on both trainings. Depending on the needs and size of the group 2 to 5 assistants will work alongside the trainers.

TEAM

Other staff members and trainers you may meet at one of these events:

- Ákos Németh (WOC)
- Meredith Mark (SBK-Aghora)
- Patricia Mihályi (SBK)
- Audra Micallef (invited expert)

Contact and registration:
sbkhungary@gmail.com

Documents

ALL ABOUT RADHE RESORT [>>>> click here >>>>](#)

SoS-course 01 (phoenix) and SoS-course 02 are both part of a small scale cooperation project within Erasmus +Programme. The lead partner is Shinbukan Association and the partnership members are WOC from Hungary and Embodiment Ltd. from Ireland.

Project ID number: 2022-2-HU01-KA210-ADU-000098600

The project is co-founded by the European Union, however neither the project nor its content does necessarily reflect the EU's opinions or values.