

BODY, BREATH AND ENERGY

A short course in Reichian bodywork

led by Nick Totton with Kate Ellis



The Loft at Little Dippers, Brighton

October 24/5 and December 5/6 2020, Feb 13/14 2021

£700

Reichian bodywork explores breath, tension and relational contact as paths to release and transformation. It asks the simple but difficult question: Can we breathe freely while staying in contact with the other? When we try to do so, this amplifies patterns of bodily tension - 'armouring' - which we have developed in order to suppress difficult feelings of need, fear, grief, rage and so on; releasing these through physical expression and voice opens a larger space in us for joy, love and creativity.

This training will teach a method of exploring our patterns of armouring, through working mainly in pairs and following a very simple structure which allows many possibilities to emerge, including powerful states dancing between the bodily, the relational and the spiritual. Through accessing these places we can connect with and change our deepest patterns of resistance and avoidance.

- **Weekend 1:** Exploring the basic form: one person lies down whilst the other sits or kneels beside them and encourages them to stay with their breathing while also staying connected with their helper.
- **Weekend 2:** Using a range of techniques for intensifying and shaping the work taught on the first week.
- **Weekend 3:** Integrating our experience and thinking about what comes next.

The course leads to a certificate of successful completion.

Nick Totton I originally trained in Post Reichian Therapy in the early 80s, and have worked as a therapist ever since, and subsequently as a supervisor and trainer, adding many other inputs to my work including an MA in Psychoanalytic Studies, a training in craniosacral therapy, and a number of workshops and courses on Process Oriented Psychotherapy. Out of all this came my own synthesis, Embodied-Relational Therapy, which I taught for many years and which continues with other trainers. I am now keen to pass on other aspects of my knowledge, in particular the Reichian style of bodywork with which I began. www.nicktotton.net

Kate Ellis I originally trained in Thai Massage and Yoga in the late 90's and have been teaching yoga for nearly twenty years. I gravitated towards Embodied Relational Therapy around 9 years ago as a means to go deeper in the bodywork that I was offering and am currently working with a synthesis of ERT and a yoga practice which follows biotensegrity principles. I currently offer ERT and supervision and post graduate trainings to yoga teachers who want to teach 1-2-1 with an emphasis on an Embodied Relational approach. You can find out more about my work here: www.kateellisyyoga.co.uk
www.theartofteachingyoga1-2-1.com

Bookings and enquiries Contact Nick at nick@erthworks.co.uk . £200 deposit secures a place.