



Body-Mind Resistance

Resisting Life

Resistance! One of the elements of human experience that psychotherapy addresses is resistance – the way we defend ourselves against intrusion and (often inadvertently) resist our own life and liveliness.

In the next [Flow of Life](#) class I'll include a focus on resistance. In addition to exercises related to presence, strength and flexibility, we'll use body-mind exercises and experiencing to become aware of and work with resistance. Becoming aware of how you resist and changing your relationship with resistance can connect you more with your vital nature - opening up the possibility for broader and deeper expression and experience in life.

Sound interesting? See the description below or visit <http://www.stephenshostek.com> for more information.

The next 6-week classes start the week of March 5. I'll be offering 2 separate classes on 2 different days: Mondays at noon and Tuesdays at 1pm. Both classes will meet for 6 sessions.

Advance registration is required in order to attend. You can contact me to register or for more information at 503-963-8600 or in email to Stephen@stephenshostek.com

Be Well,

--Stephen

Stephen Shostek, Core Energetics Therapist
Supporting Your Development with Core Energetic Body-Mind Therapy
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More information about Flow of Life:

In this winter season, I invite you to nourish your strength at my Body-Mind Meditation and Movement Class. I developed it with that intent in mind – to open up more life, liveliness and vitality for the participants. A time to connect heart, soul, and body. To read more, visit http://www.stephenshostek.com/core_energetics_movement_class.html for a full description or visit www.stephenshostek.com and then click on "Classes and Groups".

The general themes we address in this class include

- Grounding in the body and centering in your authentic self,
- Presence that develops from being aware in your body,
- Feeling your life energy,
- Flexibility where openness is needed,
- Strength and capability to support your life's unfolding

These themes are addressed in the body and mind using physical exercises from Core Energetics, a body-mind therapy.

Some of the benefits that I've seen class participants experience include: Enhanced ability to be present in life – present to experience it's joys and meet it's challenges; stronger and more coherent sense of self; increased capacity to be present with one's process rather than be flooded by it, and authentic experience of self and liveliness.

I structure the class as six 50 minute sessions, meeting once each week at 1pm on Tuesdays for 6 meetings. Participants use movement and physical exercises to address their individual structure of emotion and thought through their bodies in a "class" type of format, without going into the deeper process work or interactive work that is more appropriate for an individual session or workshop format.

Starting in January I'll be offering 2 separate classes on 2 different days and times: one on Mondays at noon and another on Tuesdays at 1pm. The Monday class will start on 3/5 at noon and the Tuesday class will start on 3/6. Classes meet in my office at 819 SE Morrison St in inner SE Portland, a few blocks east of the Morrison Bridge. The fee is \$60 for the 6-session series.

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