

- 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 1:00pm 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.

In the words of one participant:

"...I have really enjoyed them [the classes] and they have helped to lighten me. I am even exercising my vocal cords in new ways in my life and singing as I am walking along."

-- Class Participant

The next 6-session class will start Tuesday 11/6/2007 at 1pm. 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.

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

Be Well!

--Stephen

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The Autumn Season

At play in the golden light

The golden light of autumn has been shining through the maples in my backyard this week. The leaves that are usually a soggy mess are instead drying into crunchy and light. Reminds me of childhood when we would pile the dry leaves high and leap onto the cushioning stack.

I'll weave the theme of play into the next [Noon Moves](#) body-mind meditation and movement class. We'll use energetic movement as a means to focus on your life and liveliness - to be aware of the pleasurable flow that is inherent in the lived moment. This class will support you in developing a grounded place from which to open to a deeper experience of the flow of your energy, liveliness and expression. Like a child swinging from a tree limb or jumping on a leaf pile, we flow and move with liveliness and joy.

Sound interesting? See the description below or visit www.stephenshostek.com for more information. The next class starts **November 6** and runs 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

--Stephen

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More information about Noon Moves:

My Body-Mind Meditation and Movement Class is a time to open up more life, liveliness and vitality. 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