

EUROPEAN WORKSHOP

A collaboration between the EFBA-P
and the Belgian society SOBAB

REDUCING FEAR THROUGH LAUGHTER



A Bioenergetic Workshop led by Bennett Shapiro, PhD. IIBA Faculty

Bennett Shapiro, PhD has been an IIBA Faculty member since 1979. He has private practice in Victoria, Canada and currently teaches and consults in California, Belgium, Italy and Portugal.

**FRI 21th – SAT 22nd – SUN 23rd of MARCH 2014 –
VEVY WERON - BELGIUM**



PURPOSE OF THE WORKSHOP

The subject of Fear is immense. It was one of the most important concepts for Alexander Lowen. Lowen wrote a whole book — *Fear of Life* — devoted to various fears. Lowen believed that fear is the salient force in the primal wounding and resulting life of the Schizoid Character, as described in *Betrayal of the Body*. Lowen also felt that fear was the mother of all our emotions. The subject of fear was central to all his books.

Generally, the fears and traumas we experienced from the external world resulted in the formation of our Character Structure.

From an Accessing our Life Force viewpoint, *it is the fears and anxieties of our Subselves that greatly limit our Adult's access to the extraordinary aliveness and vitality of our Natural Child.*

The curse of many people's lives is not external fear but an internal gnawing anxiety from which they can find no peace, neither during the day nor, due to their anxieties around sleep, at night. These anxieties are often unconscious. As the American philosopher Henry David Thoreau put it, "Most men lead lives of quiet desperation and go to the grave with the song still in them."

The purpose of the workshop is to bring your unconscious fears and anxieties to consciousness so that you can begin to reduce them. In our workshop part of our focus will be to orient ourselves so that we can be more consciously aware of fear/anxiety in each of the four areas of our Character Structure:

1. Muscular, Energetic and Boundary issues
2. Our Selves (our 'Defenders'/'Devils')
3. Our relationships with others
4. Sexuality

The following topics will be explored:

I. EXPERIENCING YOUR FEAR

Three simple exercises for experiencing your Fear

Externally-generated Fear versus Internally-generated Anxiety

II. STEPS FOR REDUCING YOUR FEARS

1. Strengthening Your Boundaries
2. Charging/Containing
3. Charging/Containing and Surrendering
4. Surrendering in the Four Aspects of Your Character Structure
5. Reducing Fear through Laughter

PRACTICAL INFORMATIONS

- ❖ **RESIDENTIAL WORKSHOP** – see website <http://www.vevyweron.be/>
From Friday March 21st 2014 10am till Sunday March 23rd 2014 at noon
- ❖ **LANGUAGE** : English spoken / French translation
- ❖ **Travel informations : see next page please.**
Possibility of **CAR SHARING** from Namur trainstation to Vévy Weron on Thursday between 17pm and 22pm and on the Sunday to go back. Train also from Brussels to Namur and we can take you there.

WORKSHOP : COSTS / INSCRIPTION

- ❖ **Workshop costs 385,00 €.**
THIS INCLUDES : the workshop leading, translation and notes + dinner and supper on Friday and Saturday (very tasty vegetarian food), breakfasts Fri, Sat, Sunday and coffee pauses morning and afternoon.
NOT INCLUDED : sleeping accomodation (see infra).
- ❖ **Please confirm your participation by mail to :**
hodiamont.anne@skynet.be
- ❖ Inscription will be registered on the reception of **150€ to pay before FEBRUARY 15th 2014** on IBAN : BE76 3601 0154 8595 / BIC BBRUBE BB (SOBAB)
Attention: payment of the total duties before March 15th 2014 !

SLEEPING ACCOMODATION : COSTS / BOOKING

- ❖ **Room must be booked apart**, by mail to Madame Danou (info@vevyweron.be – mention « stage Sobab-Shapiro ») and will be paid on site.
- ❖ Possibility to accomodate from Thursday evening.
- ❖ **Rooms rate :**
 - from Friday till Sunday**
double : 36 € / single 44 € / collective 28 €
 - from Thursday till Sunday(Thursday evening meal non included)**
double : 53 € / single 65 € / collective 41 €
 - from Thursday till Sunday(Thursday evening meal included)**
double : 66 € / single 78 € / collective 54 €
- ❖ Remarks :
 - few single possibilities, allocation in order of request
 - Thursday evening meal must be booked apart too

For **MORE INFORMATION** please contact: thierry.vanschuy@skynet.be or 0032-2-375.73.47 or 0032-0488-87.22.73 (in Belgium)

TRAVEL INFORMATIONS - TRAVEL INFORMATIONS - TRAVEL INFORMATIONS

- ❖ To go to Vévy Weron : train from Brussels Zaventem Airport (pay attention this is not the "Brussels airport Charleroi"), to NAMUR. From Namur : we will take you by car on Thursday evening between 5 and 10:30pm, and on Friday morning between 8 and 09:30am. There is also the bus number 4 in front of the railway station from Namur that goes to Vévy Weron (see plan on the web site).
- ❖ To go back to the airport : contact Thierry (thierry.vanschuy@skynet.be) to see for a car sharing, or by train from Namur (car sharing till the railway station).

With pleasure to meet you, warmly,

Anne Hodiamont, tresorer and Thierry Van Schuylenbergh, organiser



N° d'entreprise : 417003790