



12<sup>th</sup> NOVEMBER 2022

***Beyond the Techniques: Building the Relational Field Between Client and Practitioner***

Presenter: Aloka Maria Cristina Chiarelli

Presentation 50 minutes

Workshop 20 minutes

Question and Answer session 20 minutes

Presentation

- The importance of building the relational field with your client first
- Scientific background: the Polyvagal Theory
- Engaging the social nervous system for trust, relaxation and healing
- The role of Presence
- Practicing empathy and compassion
- The 4 Brahmavihara – the 4 immeasurables or sublime abodes

Workshop

Mindfulness guided practice

Question and Answer Session

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***Safe emBodiment Touch***

Presenter: Heinrike Bergmans

Presentation 50 minutes

Workshop 20 minutes

Question and Answer session 20 minutes

Presentation

- How the polyvagal theory of Porges explains the challenges we face in daily life
- How you can experience the polyvagal theory in a reflexology session
- How you can sense the changes in the autonomic nervous system on the level of the skin
- How to build resilience and agility in a reflexology session
- How to integrate Safe emBodiment Touch in your current work

Workshop

- Working with the Trinity Hold – connecting to the electromagnetic field of the Earth
- Connecting to the mycelium
- Working Safe emBodiment Touch on the hands

Question and Answer Session