



EMBODIED SELF AWARENESS

(body based trauma healing)

A holistic approach which includes all levels of perception into a coherent perspective.

Do you recognize your big to do lists? You jump out of your bed in the morning and without asking questions, your day has filled up with 1000 of things. Preparing breakfast, bringing the kids to school, organizing meetings, contacting clients, practicing sports, ... and in the evening when you lay down in bed again, you hardly realize that this day already passed by.

Or are you feeling lost in your thoughts, emotions, reflexes or body sensations? You feel the fear of living life to the fullest? You hear so many voices in your head judging and telling you what you could do better and at the end of the day, you didn't accomplish your tasks?

We often lose the connection with our SELF, we forget to stand still and look who we really are.

In Self Awareness, we offer a time to stand still and listen and look to what is there, inside and outside of us, always in connection with your SELF.

When we are pulled apart from our SELF, it has often to do with our unresolved trauma. And we don't need to know the content of the trauma in order to heal it.

This training provides a roadmap for how to safely navigate the way through the process of healing 'trauma'. The base will be invited from a resourced point of view. Instead of focusing on the traumatic circumstance, we will invite circumstances to connect with our inner and outer resources. That can help us to build a foundation of resilience.

From a 360° perspective we look to all aspects in ourselves. We take time to discover our own rhythm and how everyone relates to space, time, themselves and others in a unique way.

Being aware of our bodies

Our bodies are telling so much of what is going on. We get internal signals on what we are feeling inside or as a reaction of what is happening in the outside world.

We will learn to listen to the wisdom of our bodies, the connection to our SELF and our spirituality. SELF-awareness paves the way to self-acceptance through a body-based approach. Our body speaks the language beyond the spoken language.

We will find ways to listen and to translate the different levels of perception to free our bodies from old and traumatic memories which are belonging to the past. Let's collect the gifts of our deepest wounds and let them help us to create a lighter future.

We will also explore the paradoxical side of life. Everything is living in duality and we include both sides of life and death. Through inner sensations, emotions, movements, belief systems, connections and a deep listening attitude we support to integrate the dissociated parts of our traumas of the past in the here and now. Our true observer state is the foundation of this discovery.

Which topics will be deepen?

Awareness, orientation, resources, intention, attention, boundaries, relational field, facial expression, safety, self-regulation and co-regulation, connection, reflexes, autonomic nervous system (base), dissociation, global high activation, MECROBES-perception model, inviting questions, body based listening attitude, internal family system (IFS), cre-activity, integration of what we have learned, ...

How do we become more SELF AWARE?

The training includes:

- Meditation
- Theory
- Trained feedback loops
- Experiential experiences in small groups
- Group awareness with guided processes
- Home joy = homework
- Time for personal questions

This is what we will deepen:

- We learn to listen to our body so we know what intervention is needed
- We learn how to use different interventions (f.e. what can we invite to not feel lost in thoughts, emotions, reflexes or body sensations, tools to overcome fear, shame, restlessness, collapse, how to use your full potential, finding trust, ...)
- We will learn to regulate our own stress or the stress of our clients
- When you are a therapist or a coach, you will have more tools where you can confidently help your clients with their stress or trauma issues.

Practicalities:

Dates:

- Module 1: 10 – 11 - 12th of September 2021 (Live Module)
- Module 2: 26 – 27 – 28th of November 2021 (Live Module)
- Module 3: 17 – 18rd of January 2022 (Online Module)
- Module 4: 05 – 06th of February 2022 (Online Module)
- Module 5: 21 – 22th of March 2022 (Online Module)

Location live days:

Living Lei

Lei 15

3000 Leuven (Belgium)

<http://www.livinglei.org>

Price:

- Payment in 1 term:

2950 € VAT excluded (3569,50 € VAT included) (included lunch and breaks on the live days)

- Payment in 10 terms:

393,25 € per month

Total amount: 3250 € VAT excluded (3932,50 € Vat included) (included lunch and breaks on the live days)

[More information or subscription: info@ann-kasra.com](mailto:info@ann-kasra.com)



Andrea Wandel

Facilitator

Health Practitioner, Musician, Writer, Lecturer, Seminar Leader, Translator and Space-Connecting expert of the speechless space in children - whether adult or not.

Her path:

As an identical triplet, Andrea Wandel was born in Chile in 1963. In 1970, the family emigrated to Germany out of political reasons. Her sensitivity was more of a burden until she learned to translate and express the deeper wisdom at work. Her trauma was the best teacher in finding new ways of connecting different levels of awareness into a practical language.

She loved to study as a teenager everyday human life, devouring books on brain research and the afterlife. In her music studies she discovered a language with which she could connect different levels of perception. Her pupils taught her the differences in understanding the same things from different angles.

Her first daughter's chronic middle ear infection moved her to become a Health Practitioner. The physical body could give precise information through certain techniques (e.g. Neural Kinesiology, Dr. Klinghardt). Soon she was asked to deal with serious illnesses in her practice which orthodox medicine considered incurable or/and therapy-resistant. For this she expanded her training with constellation work, cranio- sacral work, spiritual guidance and body-oriented trauma work.

Her deepest intention is to listen and to invite a knowing field which informs all of us by not knowing what it is all about.



Kasra Van Rompaey

Assistant Facilitator

Trauma Therapist, relational body-mind therapist, spiritual guidance, job coach, accountant

Her path:

When she was born, her birth mother gave Kasra away for adoption. Before she made her final decision, Kasra was laying 5 months alone in a hospital. When she finally arrived with her adoption parents, they lost their first adoption son due to a brain tumor in the same week. In her first life year, Kasra couldn't get the emotional care a baby need. Because of these events, a lot of complex trauma (developmental trauma) was stored in her body. Even she had the best adoption parents in the world and she had a normal youth, these early events stayed in her body.

When she was an adult, she searched for help with lots of therapists and coaches. As from the moment, she started to work with a body based trauma therapist, her life changed. She's calling it as: 'Finally I could feel ground under my feet instead of sand'.

There she knew she wanted to study trauma and support also other people.

Besides a lot of trainings with international teachers, she learned out of books and her own experiences.

Today Kasra accompanies people in individual therapy and she facilitates trainings and workshops as a facilitator or as an assistant.

Her deepest intention is to invite people to find the way back to their essence by listening and looking to what shows up.