



SOMATO RESPIRATORY INTEGRATION

DISCOVERY/TRANSFORM/AWAKEN IMMERSION

w/LAWRENCE BELL D.C.

Saturday, February 24th, 2018

1pm - 5pm

\$70 (&75 @ door)

Somato Respiratory Integration (SRI)

Based on Donald Epstein's book "The 12 Stages of Healing", SRI exercises are designed to help the brain to reconnect with the body & its experience. The goal of SRI is to help an individual develop lifetime skills, safety, strength, wisdom and love in relationship to the experience of his/her body, its vibration, structure, and energy.

Through connecting a person's breath, touch, focused movement, and attention, they are able to experience the body more fully and instantly shift their state of consciousness to one that supports trust for the body-mind and their life experience.

Please join us for an
experiential **IMMERSION**
into the heart of:
**"The 12 Stages of
Healing"**

Discovery:
Stages 1, 2, 3
Transform:
Stages 4, 5, 6, 7
Awaken:
Initial stages (8 & 9)

Space is limited. Please
register early to secure your
spot!

No prerequisites or prior
experience necessary

Please bring:
Notebook, pen, water

EVENT LOCATION

Updog Yoga
210 W. University Dr.
Rochester, MI 48307
(248) 608-6668

Register/Payment @:
www.updogyoga.com/workshops

In this immersion workshop, participants will directly experience the power & wisdom of the following “Sacred Seasons”: Discovery (stages 1-3), Transform (stages 4-7), and the initial stages of Awaken (stages 8 & 9). Each season brings with it its own richness of personal growth and development:

Season of: DISCOVERY

In Discover (Stages 1 through 3), we learn the ways in which we have dissociated or have moved away from different sources of pain. We experience the continuum between disconnection and connection and discover the bio (life force) and emotional energies that act as resources for greater connection. In this season, we can discover how peace and even joy can come from the awareness of how we have run from pain and fear, blamed, judged things, events, and people for our experiences

Stage 1: Suffering

Stage 2: Rhythms & Polarities

Stage 3: Stuck in a Perspective

Season of: TRANSFORM

In Transform (Stages 4 through 7), life is about transforming our rules, beliefs, and maps of our life and relationships to reach or exceed our targets. We take conscious action with courage, strength, determination, and self-assurance to create the necessary changes in the moment. Transform involves focused and directed use of the mind to harness emotional and life energies. It is ultimately a season of empowerment, progress, and feeling victorious.

Stage 4: Reclaiming Our Power

Stage 5: Merging with the Illusion

Stage 6: Preparation for Resolution

Stage 7: Resolution

Season of: Awaken

In Awaken (Stages 8-12), we expand our ability to compassionately experience the world, perceive joy, passion, gratitude, love, while feeling inspired to offer our gifts to community. There is a natural and effortless “being-ness” that permeates through our thoughts, feelings, and actions in daily life.

Stage 8: Emptiness in Connectedness

Stage 9: Light Beyond the Form

Stage 10: Ascent

Stage 11: Descent

Stage 12: Community

For more information, books, workbooks, or CD sets about SRI or The 12 Stages of Healing, please visit WiseWorldSeminars.com. To register for this event, please see contact information below. We’re looking forward to a great event.... hope to see you there!



Dr. Bell has been practicing NSA, SRI, and other gentle healing methods since 2002. He offers monthly talks, workshops, retreats, and tools aimed at providing support & strategies to those individuals and organizations who wish to take their growth to new levels. For more information, please call (248) 266-8035 or write to: SametaHealing@gmail.com. You may also visit IntegraLifeCenter.com.