

Being In Movement ® Mindbody Training

Exploring the Relationships Among the Body, Intention, and Trauma.

Led by David van Buskirk

Participants will learn exercises at the heart of Being In Movement. These exercises are simple actions you can practice to improve self-awareness, self-regulation and interpersonal connection. On this foundation you can act in effective and ethical ways in your daily life.

More specifically, for practitioners of health and well-being disciplines these exercises will help you:

- Perceive and understand your clients better
- Maintain professional boundaries and not take on your client's pain

These exercises are simple enough that you can teach them to your clients. Practicing these exercises will enable them to think more clearly and remain calm while engaging their own story and while working with you.

Method of Teaching

Being In Movement is not a therapy. BIM teaches people how their awareness, intentions, and body-use interact to create their sense of self. Being In Movement uses movement exercises to enable a client to replace helplessness with powerful, loving actions and a sense of safety, dignity and wholeness.

David's teacher, Paul Linden PhD, developed Being In Movement from his practice of Aikido, a non-violent martial art. Because of this, some of the challenges may be in the form of minimal physical 'attacks'. These movements provide an opportunity for participants to give attention to their internal experience. They are not meant to cause harm, but to provide an opportunity to respond in new ways. Participants are encouraged to attend to their own comfort level before and during every exercise and are always free to choose not to participate or to ask for modification.

Being In Movement (www.being-in-movement.com) was developed as an open source somatic method of instruction by Paul Linden, PhD. This workshop will utilize his method and exercises. Being In Movement (BIM) is defined as "an empirical, educational process which examines how the structure and function of the body both shape and are shaped by self-concept and meaning."



September 14, 2019

1:00 – 3:30 PM

Introduction & Beginning Exercises

November 2, 2019

1:00 – 3:30 PM

Intermediate Exercises & Personal Application

We are offering a self-determined way to invest in this training.

The scale is based on your self-determined access to privilege, social capital, and resources. In your self-determination, please consider your positionality of privilege based on aspects of your personhood that do, or do not, grant you privilege/access to social capital e.g. race, gender & sexual identity, socio-economic status, educational background, able-bodiedness, etc.

Tuition Investment

Abundant Access to Resources:
\$55 for one day // \$90 for both

Sufficient Access to Resources:
\$45 for one day // \$80 for both

Limited Access to Resources:
\$35 for one day // \$70 for both

Register by emailing David vanbuskirk.somatics@gmail.com and paying via Venmo or mailing check made out to David van Buskirk and mailed to Empowered Spaces, LLC 7602 Big Bend Blvd. St. Louis 63119

Empowered Spaces offers limited need-based scholarships. Email Kelly Caul kkaul@yahoo.com.

Space is limited to 12 participants!
For questions contact:
David (814) 574-3251 or
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