

# BODY DIALOGUE AND BEYOND




with Janice Stieber Rous



## Who Is This Program For?

- Coaches, healers, leaders, trainers, or those who want to explore Body Dialogue
- Practitioners who want to deepen their work with the body
- Individuals who need to focus on a project and are feeling blocked
- Women going through a life transition such as divorce, empty nest
- People who want greater access to their creative selves

## How the Program Works

<b>8 Private Sessions</b>	<b>5 group sessions</b> online	<b>Retreat</b> 4 days in Florida	<b>Online toolbox</b> Personal practice support
			

### *Logistics*

- Group kickoff call (1.5 hours) starting late October date (TBD)
- Eight private sessions, in person or over phone (1 hour each). These sessions will address your specific needs and will support you in your monthly goals and daily practice
- Five group sessions (these classes are 1.5 hours each, to teach the concepts and practices of Body Dialogue)
- Weekend Retreat: Thursday night to Monday, date and place TBD ( meals and accommodations are not included in this fee)
- Buddy system: pair up with a peer to create bi-monthly supportive check-ins
- Assigned video instruction aimed to address your particular area of focus.

Some examples include:

- <http://bodydialogues.com/learning-toolbox/heart-opening-stretches/>
- <http://bodydialogues.com/learning-toolbox/laptop-spa/>
- <http://bodydialogues.com/learning-toolbox/videos/>

**Private Sessions:** Private sessions offer a safe, intimate, and nurturing place to make key decisions, manage expectations, shape life choices, and have a witness to your transformation. These sessions are open to both local and long-distance students, and can be done over Skype for those who have had previous experience with somatic work. You will be encouraged to journal after each private session, in order to articulate and incorporate your learning.

**5 Group Sessions:** The goal of these sessions is to teach you the skills and practices of Body Dialogue. These sessions will be accessed online, unless you live locally.

**Retreats:** Weekend retreats are an opportunity to bring people together in the same physical space and create a strong container. This time together allows women to get a taste of working with soul material through expressive arts and ritual, movement and voice, journaling and group sharing.

**Video Instruction and Other Web Resources:** For some examples of video instruction, please visit <http://bodydialogues.com/learning-toolbox/videos/>

## **What to Expect**

- Cultivate a nourishing relationship based on partnership and integrity
- Share nine months of daily practice mutually and personally designed for you

- Create a contract with deliverable goals that are realistic and exhilarating
- Access the body and the breath as your teachers
- Learn to approach life as an improvisation
- Bring soul and body into sacred integration
- Challenge the assumption that “all work and no play” is what generates results
- Assemble a personalized toolkit, integrating your ideas and desires

**Cost: \$1,800 (or 10 payments of \$180.00)**

APPLICATION: The application process includes a phone interview before acceptance into any part of the Body Dialogues and Beyond Program. Visit

[https://docs.google.com/forms/d/e/1FAIpQLSd6Zt5au\\_tbu3pNXxVpzK\\_YtaCbrznDBWp0aY\\_7MetQH5YDzg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd6Zt5au_tbu3pNXxVpzK_YtaCbrznDBWp0aY_7MetQH5YDzg/viewform)

Questions? You can email me at [janice@bodydialogues.com](mailto:janice@bodydialogues.com) or call (646) 734-5709