

# Living as Embodied Mindfulness: a non-dual somatic approach

Implications for enhancing happiness, love and healthy longevity and New Perspectives on Psychotherapy CEC's available  
february 17-19th, 2012

**Only** what grows out of your direct experiencing has the power to change everything. Since the "body" and the "world" live in your experience - not the reverse as is generally conceived - how you open to receive experience will change how the bodymind unfolds in the present.

As Somatic Intelligence awakens, the inherent wisdom of the BodyMind -- which is self-sensing, self-organizing, and self-renewing -- reveals itself. As we then learn to live from the inside-out, the mis-identification of taking "image/object-bound" experiencing for the ground of reality, is recognized and transformed.

As the gift of our exquisite embodiment in this finely tuned feedback system is fully received and referenced, we presence spaciousness ever more fluidly, effortlessly and ecstaticly - reclaiming our natural state of freedom and aliveness.

Utilizing research from neurology, psychology and biology, we explore *Awakening Somatic Intelligence* as a skillful means to transform pain, stress, and trauma to enjoy happiness, love and healthy longevity. This experiential workshop investigates the implications of a somatic non-dual approach for enhancing relationships and provides new perspectives on psychotherapy.



Risa F. Kaparo, Ph.D.  
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Somatic-psychotherapist, creator of Somatic Learning, Dr. Kaparo has trained practitioners in the clinical and educational applications of this non-dual approach, internationally at universities and medical schools as well as through Inquiry - the non-profit institute she directs - for over 30 years. She is also the award-winning author of *Embrace* (Scarlet Tanager/2002) and *Awakening Somatic Intelligence: The Art & Practice of Embodied Mindfulness* (North Atlantic Books, 2012) [awakeningsomaticintelligence.com](http://awakeningsomaticintelligence.com)



Isaac Shapiro

An internationally known facilitator, fascinated with life lived in alignment with the world's wisdom traditions. He enjoys exploring and assisting those who share this interest. He asks participants in his meetings to question and see if what he says is true in their own being. This approach points to what is already known, but obscured in the ways our nervous system and our thinking function. Isaac draws on a broad spectrum of understanding, from neurophysiology to some of the the latest discoveries in Quantum Physics which he applies in a lighthearted but direct way. Isaac is the author of *Outbreak of Peace*, *It Happens by Itself*, and *Burning Questions*.

[isaacshapiro.org](http://isaacshapiro.org)

## Evening Introduction

(open to the public)

### "Who Am I?"

An Exploration of  
Non-Dual Awareness

Friday, 7 - 9pm

Saturday, 11 - 6pm

Sunday, 2 - 6pm

## CECs for Psychotherapists available

Continuing Education Provider #4825

Course meets the qualifications for [ 12 ] hours of continuing education credit for MFTs, LPCCs, LEPs and/or LCSWs as required by the California Board of Behavioral Sciences.

### FOR REGISTRATION:

visit [awakeningsomaticintelligence.com](http://awakeningsomaticintelligence.com)  
or call 510-402-5124

Event Co-Sponsored by Inquiry of AIWP &  
East Bay Open Circle ([eastbayopencircle.org](http://eastbayopencircle.org))

@ Northbrae Community Church - Parlor  
941 the Alameda, Berkeley CA 94707

\$25 for Friday evening only

\$350 for full event / \$295 pre-paid registration\*

(30 days in advance)

\*Some partial scholarships available