

# BodyDreaming and MASK Workshop 2020: GREECE

## From Formless to Form

9th June - 14th June

arrive 8th June - depart 15th June

**Led by Sue Congram, Marian Dunlea and Pauline Sayhi**

**At the traditional and charming SKITES Hotel, Ouranoupolis, Chalkidiki, Northern Greece**

This workshop will guide you through an in-depth process that includes BodyDreaming, Mask Work, Expressive Arts, Guided Reflection, Movement and Dance, where the way of discovery aims to bring that which is formless – perceived perhaps in 'hints and guesses' (T.S.Elliot) - into form, in the creation of a mask.

In response to participant feedback we have included an extra half day in this workshop for 2020.

# The Workshop



## MASK WORK

**The aim of the mask work is to bring into form - into life - aspects of yourself that are not fully lived. The mask reveals more clearly 'hints and guesses' that come to you, aspects of yourself that, for a variety of reasons you have not been able to fully live in yourself. The mask becomes metaphor and agent for new discovery.**

One of the greatest joys of this particular mask process is that the mask is shaped on your face (a part or whole mask), holding the unique blueprint of your personal origin-form—that is, aligned to your deep self and roots of origin. Once 'out there', transformation begins.

We engage a range of processes that free up spontaneity and bring into form what is becoming enlivened in you, in a new and fresh way. This process is enriched by the collective dynamics of the group, the delightful space of the olive garden overlooking the sea, and the mythological land of Greece, where the group energy and the co-created 'imaginal' field, heighten discovery.

Your mask then becomes a mirror, a voice, a resonance, a resource, for meaning-making, at the workshop and after you take it home with you.

## MOVEMENT AND DANCE

**Movement and dance will be part of working together in 'Bringing Formless to Form'. As we retreat from busy life we will begin by allowing our bodies to slow down, so that we all feel safe and connected enough to remain interested and curious about new, emerging experiences.**

Drawing on the folk traditions of The Middle East and North Africa we will explore our relationship to gravity and space, gradually increasing the flow of energy in compressed tissues, musculature and bones.

In line with the ideas of Winnicott, who believed that only when we are absorbed in playing are we closer to our 'true selves', on this workshop we provide opportunities for creativity and play; creating the conditions for images to arise, for spontaneous movements to happen, to track the sensations in the body, and work from the inside out to open to new form.

We will follow a rhythm of daily movement to inspire the mask work and explore your deeper inner self.

## BODYDREAMING

**BodyDreaming is an integral part of the mask making process, offering tools to help create greater tolerance in our nervous system responses so that we can be more present in the 'here and now', towards what is presenting as 'new'. This openness to new experience is not guaranteed and old defences may surface in the face of creativity.**

By paying attention to our dream images and the resonance we feel with them in our bodies, we uncover where old patterns and defences lie and where the new impulse, or energy may be stirring in our bodies.

Through BodyDreaming we learn to build greater capacity to receive the new image, so that the creative process is not experienced as overwhelming. Learning inner and outer attunement, felt-sense and tracking, we co-regulate ourselves in the environment of the olive garden.

We come to meet the archetypal energy with greater ease, play and depth. Bringing the formless to form, we come home to ourselves in mask.

# Workshop and Accommodation Pricing

**Note:** 9th June, 10 am start - 14th June, evening finish (arrive 8th June, depart 15th June)

The cost of this 6-day workshop is divided into **Workshop Fees** (payable to Sue or Marian) and **Accommodation Costs** (payable directly to Skites).

## WORKSHOP fees:

**Early Bird Rate: 990 Euros** to be fully paid by 25th March

**Standard Rate: 1100 Euros** to be fully paid by 1st May

A **200 Euro deposit** is required to secure a place on the workshop. This deposit is non-refundable.

**Cancellation fees:** up to 15th April, deposit only; 16th April - 8th May, 50% of fee (if we can fill the place, deposit only); thereafter full payment is due (if we can fill the place, deposit only).

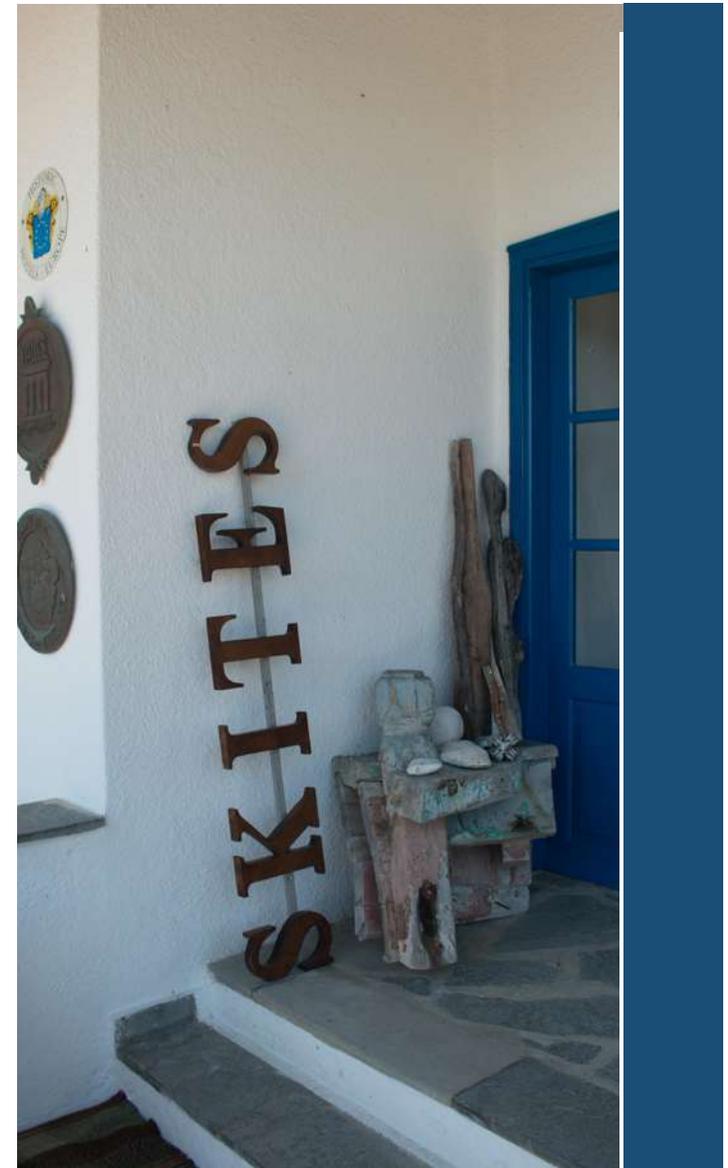
**ALL-INCLUSIVE ACCOMMODATION** costs for the duration of the workshop range from:

**580 Euros per person** (shared occupancy - ground floor room)

**980 Euros - 1190 Euros** (single occupancy), depending on your choice of room (ground floor or sea view).

A limited number of rooms have been allocated for sharing.

'All-inclusive' includes breakfast/mid-morning coffee/lunch/dinner, from the morning of the 9th through to breakfast on the 15th June. A 50% deposit will be required on reserving your room, this will be payable directly to Skites. The balance will be due on arrival at Skites. All further information will be provided in an email from Skites, once you have booked your workshop place.



# Booking Your Place on the Workshop

Email **Vicky Smith: [VickyCSmith@aol.com](mailto:VickyCSmith@aol.com)** with 'Greece workshop 2020' as the subject heading, telling her that you would like to book onto the workshop. She will send you a booking form, arrange for payment of your deposit and let the venue know, who will then contact you about your accommodation reservation.

If you wish to speak to Marian or Sue about the workshop they can be contacted at:

**Sue Congram** (UK)

[suecongram@mac.com](mailto:suecongram@mac.com)

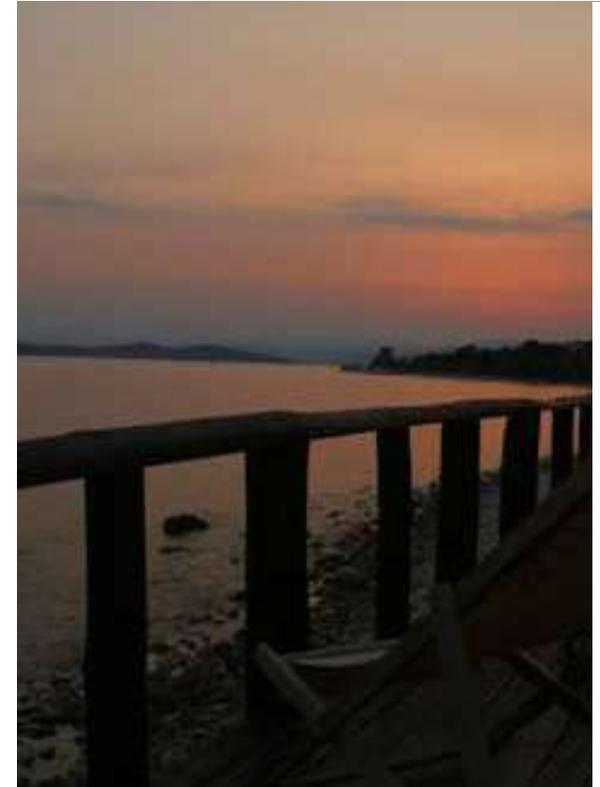
Tel 0044 7837 036051

**Marian Dunlea** (Ireland)

[mariandunlea@gmail.com](mailto:mariandunlea@gmail.com)

Tel 00353 (87) 979 0677

This popular workshop is in its 14th year. Numbers are limited. To avoid disappointment we encourage you to book early.



# Course Leaders



**Dr Sue Congram** CPsychol. GPO-EAGT, is a Founder-Director of the EB Centre for Balance and Inclusivity in Leadership; a consultancy working with progressive leadership practices in national and global companies.

Her PhD research explored the deeper social and cultural layers that underpin leadership, with a focus on masculinised and feminised practices, providing the basic concepts for the EB Centre.

As a highly experienced Gestalt practitioner she has taught Gestalt in the UK and overseas, bringing field dynamics, embodied awareness, relational intelligence, in-depth development, expressive arts and creativity, into her practice and teachings. As a core faculty of the Marion Woodman Foundation she ran many BodySoul Rhythms intensives with Marian Dunlea and Sheila Langston.

Sue has authored, co-authored and co-edited many books, chapters and papers on leadership, coaching, supervision, diversity, Jung in education, and psychology in practice. She is an artist and keen photographer.

[www.suecongram.uk](http://www.suecongram.uk)



**Marian Dunlea** M.Sc., IAAP, ICP, is a Jungian analyst and somatics practitioner who has been leading workshops internationally for the past 25 years integrating body, mind and soul.

Her recently published book, *BodyDreaming in the Treatment of Developmental Trauma an Embodied Approach*, has been awarded 2019 Gradiva award, in the Best Book category for the World Organization and Public Education Corporation of the National Association for the Advancement of Psychoanalysis.

BodyDreaming incorporates developments in neuroscience, trauma therapy, and attachment theory with Jungian psychology, and the phenomenological standpoint of interconnectedness.

Her trainings include Jungian Analysis, Psychoanalytic Psychotherapy, Psychosynthesis Psychotherapy, Infant Observation Supervision, BodySoul Rhythms Leadership Training and Somatic Experiencing.

[www.mariandunlea.com](http://www.mariandunlea.com)

**Pauline Sayhi** Cert Ed., DMP is a Dance Movement Psychotherapist and worked for 20 years in Mental Health. She taught Arabic dance for 20 years and also has a background in Authentic Movement.

She is a Dream Guide and has completed 3 years of advanced training in Dream Work at CCPE in London. She is currently training as a Retreat Guide in the Inayati Sufi Order. She facilitates workshops on Reclaiming the Divine feminine as well as BodySoul Movement.

Pauline has completed the leadership programme at the MWF with Marion Woodman, and she trained in trauma with Babette Rothschild.



# And all the details ...

**Travelling to Greece:** you will need to fly into **Thessaloniki**.  
(Book your flight to arrive 8th June and depart 15th June)

We will provide further briefing when you book. It will tell you ...

- \* how to get to Skites from Thessaloniki
- \* what to expect during the week
- \* what to bring
- \* precise start and finish times
- \* sharing taxis to and from Thessaloniki

