



Polish Association For Bioenergetic Analysis

presents

A Two Day Introductory Workshop

# ACCESSING *Your* LIFE FORCE

led by

Bennett Shapiro, Ph.D., IIBA Faculty Emeritus

**: POLAND :** OCTOBER 28-29, 2017

Limited to 18 participants, all of whom must be Bioenergetic trainees or CBTs

**WORKSHOP FEE: 180 EUR**

WORKSHOP LANGUAGES

English translated into Polish

LOCATION

**POZNAŃ**

HOTELIK ODDECH  
[www.hotelikoddech.pl](http://www.hotelikoddech.pl)

REGISTRATION

**KAROLINA RYNKOWSKA**

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(Polish Association For Bioenergetic Analysis)

Presents

***A Two Day Introductory Workshop***

for

***Accessing Your Life Force***

led by

Bennett Shapiro, Ph.D., IIBA Faculty Emeritus

*Poznan, Poland • Saturday, October 28 and Sunday October 29, 2017*

*Description of the Workshop*

***Your Life Force*** is what you feel when you fall in love, or when you have a deep and full orgasm, or when you have an unexpected burst of creativity. The Life Force is usually evident in children and puppies; they are openhearted, trusting, and love to play. Your Life Force is your biological birthright. Unfortunately, as adults, our Life Force is not readily accessible; we cannot *decide* to fall in love, or have a full orgasm; it is out of our conscious control.

In this workshop, participants will be paired up to experience:

- Life Force concepts and therapeutic techniques, and also,
- A set of exercises to be done at home on awakening in bed.

This work will be energetic, but also quite playful.

In addition to Ben's overall supervision and assistance, each pair of participants will be guided by a member of the Polish Life Force Program, thus ensuring you get the maximum benefit from your workshop experience.

Workshop Languages: English translated into Polish

Workshop Schedule:

- Saturday, October 28,
  - Morning session, 10:00 AM - 1:00 PM,
  - Lunch, 1:00 PM – 3:00 PM,
  - Afternoon session, 4:00 PM – 7:00 PM
- Sunday, October 29,
  - Morning session, 9:00 AM to 12:00 PM,
  - Lunch, 12:00 PM – 1:30 PM,
  - Afternoon session, 1:30 PM – 4:30 PM

**Limited to 12 participants**, all of whom must be bioenergetic trainees or CBTs.

Workshop fee: 180 euros

Registration: A non-refundable deposit of 60 euros needs to be sent by July 30 to the workshop coordinator – Karolina Rynkowska, email – karolinarynkowska@gmail.com, phone – +48 691029400

Workshop location: Hotelik Oddech, <http://www.hotelikoddech.pl/>

Breakfast, lunch, and dinner (excellent food) will be served at the Hotelik Oddech for Saturday breakfast, lunch and dinner and Sunday breakfast and lunch. Meal costs in Hotelik Oddech (per person):

Breakfast – 20 pln ( approx. 5 Euro)

Regular lunch and dinner – 35 pln per meal (approx. 9 Euro per meal)

Vegan lunch and dinner – 40 pln per meal (approx. 10 Euro per meal)

Lodging: We recommend Hotel Fairplayce, <http://www.hotelfairplayce.pl/> within 10 minutes walk of workshop location (Hotelik Oddech). Lodging costs: 270 pln (approx. 65 Euro) per room with breakfast (price only for participants of ‘workshop with Ben Shapiro’ – you need to tell this while booking the room).

***Note: Life Force Bioenergetic postgraduate programs are currently available in Italy, Poland, and Canada.***

**Ben Shapiro**, Ph.D. has a private practice in Victoria, Canada and has been an IIBA faculty member since 1979. He has written over 40 major papers on various aspects of Bioenergetics. He teaches currently in Belgium, Germany, Italy and Poland. Since 2005, Ben has conducted a series of workshops and ongoing programs for SIAB in Italy. Regarding his Life Force Programs, Ben has written a curriculum involving four workbooks. He is now completing sets of ‘in-bed’ exercises; three sets are currently available.