

Bioenergetic Analysis Workshop 9-11 february 2018 in Barcelona with Jean Marc Guillerme

OPEN YOUR HEART TO FEEL

“The person with a “closed heart” is frightened to love and this fear makes her act in a neurotic way. She knows the meaning of love, is aware of her need to love but cannot open her heart to the feeling of love. Certainly, she was not born this way, there is often a history of love disappointments at an early age.

The combination of repeated disappointments and fear creates a defense in front of the possibility of being hurt again. This defense takes the form of an “armour” expressed physically in a chronic rigidity in the chest muscles area. The heart gets “locked” as it gets imprisoned in a rigid thoracic cage which limits breathing and inhibits feeling.

Each person suffers from a difficulty in his breathing resulting from chronic tensions in his chest and diaphragm. Psicologically, the “locked heart” gets expressed by the attitude “I will love you if you love me”. As a result, the person cannot surrender to love and projects his difficulty into others.

To open the heart, a person needs to feel safe enough to risk to suffer a disappointment and must feel solid enough to face the fear of being alone. It is a hard path that implies to free the repressed emotions and to integrate the dissociation between the ego and the body”

Al Lowen Love and Orgasm

Jean Marc Guillerme is international trainer in Bioenergetic Analysis recognized by the IIBA. He is a clinical psychologist and family psychotherapist. He lives in Brittany (France) and leads training programs in different countries of Europe, South America and Africa.

Date: 9,10,11 february 2018

Timetable: Friday 7 pm to 9 pm, Saturday 10 am to 1.30 pm , 3.30 pm to 7pm,Sunday 9.30 am to 12.30 am.

Cost: 230 euros till 25th January, 250 euros after this date. A transfer of 100 euros must be sent to the account IBAN ES81 0081 0077 8100 01101416 (Sabadell Bank) to Fina Pla Vila.

Information: Fina Pla fpla@copc.cat

Address ALENAR Gran de Gracia street,109-11,1st floor,1st door (Gracia district, Fontana metro station)