

Project: Man

led by Devaraj
Workshop Schedule

Saturday	Sunday
8.00 - Workshop Starts - Be On Time!	9.00 - Workshop Starts
8.15 - Getting into your Belly Power - Group Bioenergetics Session working with the Gut	9.15 - No More Mister Nice Guy! - Group Bioenergetics Session
9.30 - Clearing Out your Issues with Other Guys - Group Face-to-Face Emotional Release Session	10.30 - Breakout Exercise followed by Standing in Your Own Power Group Exercise
11.00 - Break	12.00 - Lunch Break
12.00 - Theory: Understanding How Trauma and Conditioning effect our Body and Mind and How we can use Bioenergetics to Be Whole and Powerful. Followed by Questions on this subject or anything else going on in your life.	13.00 - Theory: Understanding Why We Fall Back and Can't Keep Moving Forwards... and How to Change this. Followed by Questions on this subject or anything else going on in your life.
13.30 - Break	14.30 - Continuing Group Process Work. Step up to the front, share your inner world, your fears and concerns, and overcome them with the support of the men. Dev loves to help you break through old barriers and limitations. You can do it!
14.30 - Group Process Work. Revealing your inner world in front of other men is empowering and deeply healing. Individuals who are willing to share in this way will have the option to undertake a "challenge exercise," supported by the other men	
17.00 - Close for the day	17.00 - Workshop Ends

Notes:

Please be aware that I sometimes create change in the schedule so we can follow a natural flow with arising dynamics in the group.

Please wear loose clothing, bring water and a light lunch. There are shops nearby if you prefer to buy food whilst here. Please also bring spare t-shirts etc. Things will be getting sweaty!

On Saturday evening there's an invitation to join Dev and the Staff for a meal together at a local restaurant (not included in the price of workshop).

Feel free to enjoy Brighton Saturday night. It is a vibrant and exciting town, with many pubs and clubs. Just make sure you're back in the Group Room 9am Sunday ready to continue your journey.