

# Project: Man

led by Devaraj and Staff 4th - 5th May 2019  
Online Workshop Schedule

## Saturday

12 noon - 3pm Opening Session

- Bioenergetics - Getting Into Your Belly Power
- Clearing Out your Issues with Other Guys – Group Face-to-Face Emotional Release Session
- Theory & Questions - How Trauma & Conditioning affect our Body & Mind and block us from achieving our full potential

3pm - 5pm - Break

5pm - 8pm Evening Session

- Opening Up to Your Raw Masculinity
- Bioenergetics - Introducing the Bow & Arch

8pm - Saturday ends. Time for a meal together and a drink (optional)

## Sunday

12 noon - 3pm - Sunday Afternoon Session

- Break Through Your Limitations - A Group Challenge Exercise to Rid You of Old Self-Limiting beliefs.
- Theory & Questions - Bringing our Body Behind What We Do: Understanding Why We Struggle to Hold to a Positive Course and How to Change This.
- Breakout Exercise or Similar Bioenergetic Deep Release

3pm - 5pm - Break

5pm - 8pm - Sunday Evening Session (Closing Session)

- Bioenergetics - Getting Deep into Your Body
- Psychodrama (continued) - Take a Risk, Stand in front of the Other Men, share your story and resolve issues that are holding you back. Feel witnessed and healed.
- Closing Circle

8pm - Workshop Completes. Again, there's the option to come for some food with Dev & Staff.

## Notes:

Please be aware that I may well change the schedule around as we go. This is to ensure that we follow the flow with the dynamics in the group and the needs of 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!

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 12 noon Sunday ready to continue your journey.