

Project: Man

led by Devaraj and Staff 5th to 6th October 2019
Online Workshop Schedule

Saturday

12 noon - 3pm : Bioenergetics & Emotional Expression - Accessing Your Anger

3pm - 5pm - Break

5pm - 8pm : Opening Up to Your Raw Masculinity followed by Individual Psychodrama Process Work

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

Sunday

10am - 1pm : Bioenergetics - Releasing Emotional Pain and Coming Thru to Your Powerful Self

1pm - 3pm : Break

3pm - 6pm : Individual Process Psychodrama Work & Closing

6pm - Workshop Completes. Again, there's the option to come for some food with Dev & Staff.

Notes:

This workshop is non-residential. Please book local accommodation.

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 10am Sunday ready to continue your journey.