

The Women's Anger Group!

A one day Women's Workshop in Brighton

with Devaraj, Karuna, & Manuela

Schedule

11.00 - Arrival, Introduction and brief Opening Circle

11.30 - Breathing and Movement to bring us into the Body

12.15 - Sharing Exercise. Share with a partner about the times you've given your power away, not taken a position when you've needed to, or ended up feeling like a victim. Share also about times when you've found yourself too angry, too reactive and the effect this has created.

12.45 - Bioenergetic Exercises to bring you into your belly and open the chest

13.15 - Anger Expression Exercises. Contacting the Rage Within.

14.00 - Healing

14.15 - Break

15.00 - "Owning Where You Need to Create Change in Your Life" - A Sharing exercise

15.30 - Personal Psychodrama. Gathered together in a crescent shape, each participant has the option to stand up in front of the others, share about something they need to let go of, receive guidance or feedback, or undertake a personal challenge exercise to release the past guided by Dev. This part of the day is entirely optional. You are fine simply to witness other women and be there as a support. You do not need to get up yourself.

16.45 - Final Circle

17.00 - Close. Option to go for a tea afterwards.

Please wear loose clothing, bring a water bottle, and bring a little food for the break time.

Please be prepared for a day of intense emotional work and deep inner transformation.