



Take time away to do what you love.

Kripalu Center for Yoga and Health offers hundreds of workshops, retreats, and trainings in yoga, personal growth, creative expression, holistic health, and more.

While you are here...

Enjoy yoga classes, healthy food, massage and healing arts, hiking trails, whirlpool and sauna—all in the natural beauty of the Berkshire Mountains of western Massachusetts.



Selene Vega

Guiding the Journey: Facilitating Transformative Experiences

May 17 – 21, 2009

For therapists, yoga (and other) teachers, workshop leaders, bodyworkers, coaches, and anyone who works with clients or students.

Awakening self-awareness and glimpsing new perspectives creates profound potential for transformation. Unblocking the unconscious conditioning that has limited us, we can move creatively into our full potential. For therapists and teachers, the art of setting a context in which this type of transformation can occur is essential.

This week, using the tools of trance, movement, ritual, and sacred space, you will learn to skillfully guide others in accessing non-ordinary states of consciousness in a contained and safe way. You will

- Learn to work with group energy, balancing attention to individuals with the group experience
- Develop your skills at guiding group and individual movement journeys and rituals for healing, growth, and celebration
- Explore neglected parts of yourself as you deepen your ability to guide others into inner experience
- Deepen your understanding of the ethical considerations of leading experiential workshops
- Learn to assist others in creating a bridge between their experiences in a workshop or therapeutic setting and everyday life.

This training will strike a balance between inner work and interactive experience.

CE Credits available.

Selene Vega is a licensed psychotherapist and doctoral candidate with a master's degree in clinical psychology and a bachelor's degree in ritual and the arts. She has led individuals and groups into the realms of psyche and spirit since 1972, combining movement work with hypnotherapy and ritual to address issues including addictions, eating disorders, psychospiritual crises, and ecopsychology. Selene is coauthor with Anodea Judith of *The Sevenfold Journey*. Her other writings include chapters in *Walking in Two Worlds*, and *The Psychospiritual Clinician's Handbook*. She is currently researching the challenges of integrating transformative workshop experience.