

# *The Naked Heart*

## *From shame to pleasure*

Pleasure is an essential part of living. Pleasure comes through play, the senses, creativity, movement and connection, yet often the amount of pleasure we allow in our lives is minuscule. This is often down to an underlying shame around such things as body image, sexuality, fantasies, touch, creative and authentic expression, abuse or simply feeling too alive. To cope with shame the psyche develops protective armour. Removing the armour and experiencing our naked hearts enables the shame to be replaced with a deep sense of self worth.

## *What you can hope to gain*

Being able to share who we are with another is one of life's riches, through this we feel whole and a sense of belonging. This workshop will help you be more at ease with your body, integrity, aliveness and intimacy. Over the weekend you will find ways to share with others, who you truly are, in ways that are both nourishing and empowering.

## *What's involved*

Within a containing space and working with creativity, movement, bodywork, dialogue and group processing, we will explore the heart, the body and sexuality. This will include looking at shame, pleasure, vulnerability, curiosity, body armour and boundaries. Responsibility for personal boundaries will be encouraged at all times. The weekend will also include cooking, eating and socialising as a group and time for personal space to enjoy the surrounding beautiful Dartmoor National Park.. Maximum number of participants will be 16.

## *Who it's for*

This workshop is suitable for couples and singles. It can be used as CPD for therapists of all modalities. To attend you are required to engage with the group and personal material that surfaces and have a significant amount of experience in personal growth work.

*Where* East Down Centre, Dunsford. Exeter. Devon EX6 7AL. East Down is a residential venue surrounded by the beautiful landscape of Dartmoor.

*When* We will arrive 5pm on Fri 8<sup>th</sup> and end on Sun 10<sup>th</sup> September at 5pm.

*Booking* A £75 deposit is required with the remainder to be paid a week prior the event. To book email [johnleighdent@gmail.com](mailto:johnleighdent@gmail.com) All bookings include Friday and Saturday night accommodation and meals (vegetarian) throughout.

*John Leigh Dent* is an experienced group facilitator and body psycho-therapist.

*Lynn Hyde* is a qualified couples therapist who is presently training in Tantra with Jan Day.

# *The Naked Heart*

*A residential weekend of moving beyond shame into pleasure*

*Facilitated by John Leigh Dent with Lynn Hyde assisting*

*8<sup>th</sup> - 10<sup>th</sup> September 2017*

*East Down Centre,*

*Dartmoor National Park, Devon*



*Early bird (before July) £175 (£145 Low-income)*

*Standard (from July) £220 (Low income £190)*

*Accommodation and vegetarian food included*

*Contact John: 07847 970 973*

*Email: johnleighdent@gmail.com*

*[www.johnleighdent.com](http://www.johnleighdent.com)*