Embodied Consciousness Immersion

with Bonnie Bainbridge Cohen, Dr. Judith Blackstone, Sally Kempton, Dr. Michael Beckwith, Dr. Rae Johnson, Dr. Theresa Silow, Rev. angel Kyodo Williams, Dr. Scott Lyons, Tara Judelle & special guest C.C. White
Welcome

The Embodied Consciousness Immersion is a six-day deep dive into exploring consciousness through the lens of somatic psychology, social justice, and spirituality.

The Embodied Consciousness immersion is led by world-renowned somatic facilitators and leaders of applied spiritual wisdom including: Bonnie Bainbridge Cohen, Dr. Judith Blackstone, Sally Kempton, Dr. Michael Beckwith, Dr. Rae Johnson, Rev. angel Kyodo williams, Dr. Theresa Silow, Dr. Scott Lyons, and Tara Judelle.

This immersion invites participants to move beyond the research and theory of consciousness and to step directly into the felt sense of it.

Join us for a week of movement, meditation, lectures, yoga, and dynamic practices in both group and partner work. Throughout this immersion, we will address developmental, socio-cultural, and psychosomatic dynamics that impact our ability to experience wholeness and aliveness throughout our life. We will introduce and utilize a range of tools from Body-Mind Centering®, Somatic Experiencing, Focusing Technique, Nondual Tantric Philosophy, Embodied Flow™, Life Visioning Process, Breathwork, Realization Process®, Yoga, and Movement Meditation to attune to our inner landscape and help cultivate self-awareness, agency, resilience, and purpose. Ultimately, these embodied practices create and cultivate bridges of interconnection to others, ourselves, the environment, and beyond.

This week will provide you with practical tools in working with yourself and others towards living a life in deep connection and relationship, moving us ever closer to a world that is beyond false division — one that is consciously embodied.
What is Embodied Consciousness?

“We are not just here to realize our divine nature but to embody that nature in human form.” - John Welwood

Embodiment is our direct experience of the self as it is mediated by the psychological, emotional, social and physiological processes that intersect in the body. If the body is the form through which consciousness emerges, then learning to listen to the inner language of the body is primary to the task of healing, self-actualization and human fulfillment.

Just as we navigate the terrain of our external environment through its textures, curves, temperatures, densities, hills and valleys, so too we can explore the inner landscape and become intimate with the layers, flavors, and unique qualities of our self. Becoming consciously embodied is the process of attuning to the vibrant inner landscape so as to be more awake in ourselves and more alive in our relationships.

What you will gain from this immersion

- A foundational sense and understanding of consciousness
- An overview of the history/development of somatics
- Applied tools for entering into a state of play and curiosity as a doorway into flow
- Learn to recognize the ways in which you associate and dissociate from feeling, emotions, and relationships (connection)
- How to explore embodied psychology beyond the nervous system
- Learn to empower and define healthy boundaries
- Learn to listen to the inner language of intuition as the divine language of consciousnesses
• Learn to identify the sources in your life, relationships, culture, and environment that have obstructed you from a sense of wholeness.

• Embodied social justice work that provides you with the tools to identify the constructs in yourself and culturally that have created “otherness,” isolation, and systemic loneliness. Learn to heal both personal and global “otherness.”

• Support yourself and others into a sense of authenticity and being at home in their bodies.

• Explore the embryological and developmental components that form “I, you, and us.”

• Experience embodied social activism as a path towards collective liberation.

• Recognize how we construct ourselves in relation to traumatic events in our lives.

• Identify unconscious holding patterns, and learn how you can release them.

• How we can experience oneness with other people without losing inward contact with ourselves.

• Explore how the loss of feeling whole and isolated can lead to chronic stress and psychosomatic disorders.

• Strategies for undoing body shame and checking body privilege.

• How asymmetrical nonverbal interactions can perpetuate inequality.

• The role of embodied microaggressions in everyday life.

• Strategies for enacting embodied activism and transforming the culture.
• Recognize that attachment, bonding, and co-regulation are somatically based developments.

• Be aware that early movement patterns and early relationships shape an overall somatic organization of an individual.

• Recognize that the development of a sense of self and its different stages directly emerge out of early somatic experiences.

• Develop a rudimentary understanding about the impact of trauma and stress on the functioning of the nervous system.
Venue
Krutch Theatre on the Clark Kerr Campus of UC Berkeley in Berkeley, California
2601 Warring St Berkeley CA 94720
Note that food is not included. Here is a list of 20 restaurants nearby:
https://www.opentable.com/landmark/restaurants-near-university-of-california-berkeley-116647

Travel Insurance
You are strongly encouraged to purchase your own travel insurance. This will cover you for any medical care you need, loss/damage of any goods and any potential disruption or cancellation of your travel.

Flights & Transportation
There are several airports that are in proximity to Berkeley:
San Francisco International Airport:  https://www.flysfo.com/
Oakland International Airport:  https://www.oaklandairport.com/
San Jose International Airport:  https://flysanjose.com/
Public Transportation:  https://pt.berkeley.edu/transportation-options/public-transit-info
## Accommodation Options

<table>
<thead>
<tr>
<th>Hotel/Network</th>
<th>Address</th>
<th>Phone Numbers</th>
<th>Website Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bancroft Hotel</td>
<td>2680 Bancroft Way, Berkeley, CA</td>
<td>(510) 549-1000</td>
<td><a href="http://www.bancrofthotel.com">www.bancrofthotel.com</a></td>
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<tr>
<td>Berkeley City Club</td>
<td>2315 Durant Avenue, Berkeley</td>
<td>510/848-7800</td>
<td><a href="http://www.berkeleycityclub.com">www.berkeleycityclub.com</a></td>
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<tr>
<td>Berkeley Lab Guest House</td>
<td>Berkeley Lab (UC run hotel-style accommodations above the UC Berkeley campus; open to UC Berkeley students, parents and visitors)</td>
<td>510/495-8000</td>
<td><a href="http://www.berkeleylabguesthouse.org">www.berkeleylabguesthouse.org</a></td>
</tr>
<tr>
<td>Claremont Resort &amp; Spa</td>
<td>41 Tunnel Road, Berkeley</td>
<td>510/843-3000</td>
<td><a href="http://www.fairmont.com/claremont-berkeley">www.fairmont.com/claremont-berkeley</a></td>
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<tr>
<td>Courtyard Marriott</td>
<td>5555 Shellmound Street, Emeryville</td>
<td>510/652-8777</td>
<td><a href="http://www.marriott.com/oakmv">www.marriott.com/oakmv</a></td>
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<tr>
<td>Doubletree Berkeley Marina</td>
<td>200 Marina Boulevard, Berkeley</td>
<td>510/548-7920</td>
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<tr>
<td>Downtown Berkeley YMCA</td>
<td>2001 Allston Way, Berkeley</td>
<td>510/848-6800</td>
<td><a href="http://baymca.org">baymca.org</a></td>
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<td>Hotel Name</td>
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<tr>
<td>Executive Inn and Suites</td>
<td>1755 Embarcadero, Oakland</td>
<td>510/536-6633, 800/346-6331</td>
<td><a href="http://www.executiveinnoakland.com">www.executiveinnoakland.com</a></td>
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<tr>
<td>The Faculty Club (see campus map)</td>
<td>On campus</td>
<td>510/540-5678</td>
<td>berkeleyfacultyclub.com</td>
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<tr>
<td>Four Points Hotel (by Sheraton)</td>
<td>1603 Powell Street, Emeryville</td>
<td>510/547-7888, 800/325-3535</td>
<td>fourpoints.com/emeryville</td>
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<tr>
<td>Sens Hotel</td>
<td>1538 Shattuck Avenue, Berkeley</td>
<td>510/548-9930</td>
<td><a href="http://www.senshotelberkeley.com">www.senshotelberkeley.com</a></td>
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<tr>
<td>Golden Bear Inn</td>
<td>1620 San Pablo Avenue, Berkeley</td>
<td>510/525-6770, 800/525-6770</td>
<td><a href="http://www.goldenbearinn.com">www.goldenbearinn.com</a></td>
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<td>Rose Garden Inn</td>
<td>2740 Telegraph Avenue, Berkeley</td>
<td>510/549-2145, 800/992-9005</td>
<td><a href="http://www.rosegardeninn.com">www.rosegardeninn.com</a></td>
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<td>The Graduate Berkeley Hotel</td>
<td>2600 Durant Avenue, Berkeley</td>
<td>510/845-8981</td>
<td><a href="http://www.graduateberkeley.com">www.graduateberkeley.com</a></td>
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<tr>
<td>Hilton Garden Inn</td>
<td>1800 Powell Street, Emeryville</td>
<td>510/658-9300</td>
<td>sanfranciscooakland.stayhgi.com</td>
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<td>Holiday Inn Express Hotel &amp; Suites</td>
<td>1175 University Avenue, Berkeley</td>
<td>510/548-1700</td>
<td><a href="http://www.hiexberkeley.com">www.hiexberkeley.com</a></td>
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<td>Hotel Shattuck Plaza</td>
<td>2086 Allston Way</td>
<td>510/845-7300</td>
<td><a href="http://www.hotelshattuckplaza.com">www.hotelshattuckplaza.com</a></td>
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<td>Hyatt House</td>
<td>5800 Shellmound Street, Emeryville</td>
<td>510/601-5880</td>
<td>emeryville.house.hyatt.com/en/hotel/home</td>
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<tr>
<td>Rodeway Inn</td>
<td>1461 University Avenue, Berkeley</td>
<td>510/848-3840</td>
<td>berkeleyrodewayinn.com</td>
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Mats & Props
We encourage you to bring your own mats and meditation cushions. Some props will also be available for purchase.

Please note: this will be an experiential immersion- while most classes will have a movement component as well as sitting on the floor- a chair can be offered by request.

What to wear
Please wear comfortable clothes that you can move in.

Daily Schedule
Please note, the first day (October 13th) will commence at 7:15am and the last day (October 18th) will be a full day - and special event with C.C White from 7:30-9:30pm. Please schedule your flights accordingly.

Sample Schedule:

7:00 am - 8:30 am: Movement & Meditation
8:45 am - 10:45 am: Class 1
11:15 am - 1:15 pm: Class 2
1:15 pm - 2:45 pm: Lunch
2:45 pm -5:45 pm  Class 3
5:45 pm -6:30 pm Integration

*Please note: there are special evening events on Tuesday & Friday from 7:30 - 9:30pm

Payments
Financial Investment:
Early Bird: $1175
Regular Price $1275

For more information and questions please contact immersion@embodiedflow.com

Sign up here

https://www.embodiedflow.com/events/2019/embodied-consciousness-immersion