

Embodiment Book Club/LAB 2023



In this new and exciting monthly class, Cheda will be presenting, sharing and guiding us through interdisciplinary body-oriented trauma approaches. This Book Club/LAB comes in response to the call for a continuous, deeper and active study and embodiment of many great teachings.

We will be reading and embodying a number of theories, techniques and approaches. We will be selectively sharing and applying what are we interested in, and what might work for us, as well as what can we apply in our daily practice and when working with others.

These sessions are open to anyone interested in continuous, active and inclusive learning without any pressure nor judgment.

Book Club/Lab

These are monthly drop in sessions taking place Online via Zoom. Starting from Sunday 4th June 2023, 6pm CET or 12noon EST time. Each class/workshop will last around 2.5hours.

A recording will be available. The cost is £25 per session. Booking information is at the end of this Brouchure.

Each book will be covered over two sessions (two months per book). You do not have to have read the entire book to benefit from these classes. Each session will cover different material so it's recommended to attend both classes per book if you are able to.

Each workshop will consist of initial sharing of chosen paragraphs and excerpts from the book, Cheda's commentary and teaching segment, somatic work, applying techniques from each book and feedback. We will read and embody each book!

A recording of the Club/LAB will be sent to all participants for further reflection and practice. If participants can't make the class for whatever reason, they will receive the recorded material so they can fully benefit from the course.

We are committing to reading and embodying one book every 2 months. Together we will cover at least 3 books by the end of 2023.

Dates and Books:

The Trauma Spectrum: Hidden wounds and Human Resiliency, Robert Scaer

Sunday 4 June

Sunday 9 July

The Body Keeps the Score, Bessel van der Kolk

Sunday 6 August

Sunday 3 September

The Psychophysiology of Self Awareness, Alan Fogel

Sunday 7 October

Sunday 12 November

Future Books!

- The Feeling of What Happens: Body, Emotion and the Making of Consciousness, Antonio Damasio
- Polyvagal Theory, Steven Porges
- Trauma Releasing Exercises (TRE): A Revolutionary New Method for Stress/Trauma Recovery, David Berceli
- The Myth of Normal, Gabor Maté



Testimonials:

Cheda is very competent teacher. He has a great capacity to feel the needs of the class and his students and to adapt the teaching accordingly and immediately. He allows the space for error and the exploration without judgment. He also freely acknowledge and appreciate the strong points of his students. I really enjoy his teaching and his love and knowledge of the body which he clearly transmits.

Elena Invernizzi, Rome, Italy

Dancer, Shiatsu practitioner, Tre Practitioner, EFT

Cheda has an ability to share scientific and technical information and also to skilfully hold space and work with personal emotions and vulnerability.

His teaching integrates cognitive information and practical applications in a balanced way and helps to transform and integrate elements of trauma in a very direct, practical way.

Francesca Gussoni, Riccone, Italy

Counsellor, TRE Practitioner, Shiatsu Practitioner

Booking Info

We are engaging in deeper learning in this open group, where you can come in and participate as you like. In order to ensure your place for each class, the payment is required in advance.

Please send money to:

Bank: Lloyds bank

Name: Cedo Mikic

Acc. 00531575

Sort code: 30-94-66

IBAN: GB51 LOYD 3094 6600 531575

BIC: LOYDGB21484

Address: 273-275 Kentish Town Road · London · UK · NW5 2LP

It is also possible to pay via PayPal to this address:

contact@trecentre.com

Please note any administrative or transfer fee's is paid by the sender!

If you have any questions regarding these classes please email us on

contact@trecentre.com