



# Intimacy

Day Retreat, December 5, 2010

Workshop series, 2011–12

**How can we learn to be intimate, with our selves  
and with others?**

The key to successful, flexible and responsible relationship is learning the skills of intimacy. Even down to a molecular level, our beings are programmed to desire relatedness throughout life's passages.

*Our capacity  
for intimacy  
is enhanced by  
embracing life*

[Charles Birch]

With exercises gleaned from 20 years of clinical practice, research and teaching in Eastern and Western modalities, Zsuzsi will take participants on a deeply nourishing, practical journey to learn skills which combine mindfulness, passion, and reciprocal care for all beings, within fullness of experience.

DATE: Sunday Dec 5, 2010; 11am-5pm.

PLACE: **Rachum Labyrinth and Retreat Centre**  
45 mins drive from North Canberra

COST: Sliding scale. Camping available Saturday.  
Further details: PTO

BOOKINGS and information: 0402 283 615  
[zsuzsi@bodyecology.com.au](mailto:zsuzsi@bodyecology.com.au)



**Zsuzsi Soboslay**, BA [Hons], A.Mus.A., L.T.C.L  
Healer, writer, performer, artist  
[www.bodyecology.com.au/practice.html](http://www.bodyecology.com.au/practice.html)

*BodyEcology*: Therapeutic clinic; dance and immersion workshops;  
eco-retreats; perinatal processes; Creativity consultancies.

*A note on INTIMACY* In daily life, we tend to either *meet*, or *retreat from*, our circumstances. Some of our *retreats* come from very ingrained patterns which may have worked for a while, but which serve us no more.

BodyEcology teaches us a kind of **responsiveness** which includes listening, *meeting*, from a fuller sense of who we are, and of what we are related to. This is a kind of responsiveness which includes listening from the solid structures of our bodies, but also from its spaciousness—from our organs, from what is around us and speaking to us. *The whole world conspires to speak to us, and listen*. The word *health* comes from a Germanic root, *hailaz*, which means whole.

In this workshop, we will explore restoring clear relationship between breath, body and spaciousness, showing us different ways to become refreshed and reach out towards our playfulness, creativity and joy.

The one-day retreat on December 5 will impart a new cohesion to our bodies and minds in a series of integrated exercises you can learn and practice at home. Although the workshop involves some movement, Zsuzsi is experienced in working with people living with injury and disability, and all are welcome to attend.

This is a positive life process geared towards maintaining a lifetime of positive interactions.

*About ZSUZSI* Zsuzsi is a therapist and intuitive with over 20 years' clinical experience. She brings an intensive, creative and spacious clarity to group process which speaks to individual abilities and needs, catering to each person's desire to achieve change in practical and enjoyable ways. She supports this with ongoing workshops, one-on-one process work, distance healings and guided meditations.

Join Zsuzsi for this life changing process—on December 5, and ongoing throughout 2011–12 [Canberra, Sydney, Wollongong]

A Note on COST:

The retreat cost of \$90-\$110 is offered on a sliding scale. Bring-a-friend qualifies for extra concession. Camping is available on Saturday night for \$15 pp [includes dahl and rice].

For further information, contact Zsuzsi, 0402 283 615  
zsuzsi@bodyecology.com.au