

# **SWell Conference 2019 Workshops - Unfolding Wisdom**

**19th October - SWell Centre, 2 Minona St, Hawthorn**

## **#1 Body Wisdom Through Interplay - Jenny and Peter Batten**

Unlock the Wisdom of the body and awaken your playful creative spirit! Using the InterPlay tools of movement, voice, stillness and storytelling, this workshop will explore the wisdom of the body and help you connect with personal wholeness and creativity. What do we know about Body Wisdom? What do we do with what we know? Using the InterPlay forms of gentle movement, story and voice we will playfully explore what we notice within. ([www.interplayaus.com.au](http://www.interplayaus.com.au))

Jenny Batten is an accredited InterPlay teacher, Spiritual Director and Creative Arts Therapist. Jenny is curious about the arts and spirituality and in recent years has completed a Masters in Therapeutic Arts Practices and is in formation as a Spiritual Director with the Living Well Centre. Singing has been a big part of Jenny's life and she loves to share that passion with others and has assisted in the establishment of the Melbourne Threshold choir, creating a compassionate presence to others. This year Jenny has been filling various roles around the SWell Centre and is committed to holistic programs that support wellness in mind, body and spirit.

Peter Batten is a Uniting Church minister, Creative Arts Therapist, & accredited InterPlay leader. He enjoys exploring the connections between contemplative practices, spirituality, art and creativity and their integration into daily life. He has a background in sacred Clowning/mime and enjoys performing in a variety of community and institutional settings.

## **#2 Tackling Life Issues with Inner Wisdom - Irena Grigorian**

Lead by Irena Grigorian, a practicing holistic counsellor and a hypnotherapist, this workshop will be particularly helpful to those who are experiencing problems with confidence, self-esteem and relaxation; people who deal with depression, stress, anxiety or post-traumatic stress. If you or your loved ones are suffering from fears or phobias, have trouble losing weight or quitting smoking, then you will benefit from learning the basic techniques which Irena uses extensively when treating a wide range of psychological issues.

Irena Grigorian is a multi-disciplinary practitioner and facilitator whom uses holistic counselling, hypnotherapy, meditation, NLP, Reiki and Psych-k to name just a few. Irena helps people with mindset reprogramming, energy healing as well as identifying and accessing inner resources in order to overcome personal challenges. She specialises in teaching meditation skills, self-help techniques and ways of utilizing core strengths to be the best version of yourself.

## **#3 Tap into Wisdom - Gayle Dwyer**

Learn EFT Tapping as a tool to tune into yourself, remove emotional, mental, & physical blocks that are holding you back. Learn how to be more present and turn the past into wisdom so that you can move forward in the most positive way. We all have an untapped inner wisdom that can guide us and helps us through life. Tap into your inner wisdom for a better life.

Gayle is a Clinical Hypnotherapist, Counsellor, EFT (tapping) specialist and Change Coach. Gayle's area of expertise is helping people tap into beliefs and thought patterns that are limiting them in some way or holding them back from achieving their full potential. Gayle has refined her skills over her 13 years of hypnotherapy practice and also utilises other healing modalities such as Emotional Freedom Techniques (EFT), Mindset and Mindfulness Coaching to help clients achieve results in the most effective and easiest ways. Gayle believes that awareness and understanding are crucial and educates her clients on the different levels of mind, and where limiting thought patterns, beliefs and

behaviours come from. Her calm, warm and caring nature is one of her greatest assets, enabling her clients to feel safe, comfortable and positive in the process of creating change. She runs one on one programs and sessions, and also group sessions and workshops.

#### **#4 Inner Wisdom and Art Therapy - Su-Mei Tan**

Art therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. The creative process involved in expressing one's self artistically can help people to resolve issues. This also helps develop and manage one's behaviours and feelings, reducing stress, and improving self-esteem and awareness. In this workshop we will be exploring one's ability to gain insight from personal discovery. The workshop will include a short meditation session to visualise the person from within. Art making will include the use of words and images to create. The art making is not only a way of displaying one's personal insight but also a way of exploring and discovery.

Su Mei is an Art Therapist with experience in both the clinical and community sector. Having trained at Northpark Private Hospital and the Royal Melbourne Hospital while studying her Masters of Art Therapy at La Trobe University, she has had the opportunity to work with people with a variety of mental health presentations. Su Mei is the owner of Art Tearapy, a private practice where she sees clients on an individual and group basis. She operates at the SWELL Centre, Hawthorn as well as offers a mobile service to those interested in using art as a form of healing all over Melbourne. She is currently pursuing an honours degree in Social Practice and Community Engagement at the Victorian College of the Arts which is strengthening her ability to use art in a way that benefits communities in a social way.

#### **#5 The Unfolding Wisdom of Feldenkrais - Megan Hopley**

Is it possible to unlock your wisdom through movement explorations? Internal Rhythms; Sensation; Breath; Awareness; Felt Sense; Ease; Playfulness; Guided Attention; Connection; Relationships; Engaging multiple aspects of Wisdom. Discover how your own innate wisdom unfolds as you explore gentle movements with guided attention using the Feldenkrais Method®. Moshe Feldenkrais grew up in an ancient Jewish culture that held a view of intelligence having five different aspects: Body, Brain, Heart, Soul, Spirit. This influenced his belief that we have multiple levels of intelligence or wisdom to engage with and that changing one or more has the ability to affect the whole. The Feldenkrais Method® itself is one of somatic education or re-education to reconnect. At the heart, the method is not only about individuals reaching their full potential, but of humanity itself reconnecting and becoming fully present to their core nature, awakening their innate wisdom and ultimately awakening to one another, their connection and relationship with their environment. In this experiential workshop, Megan will gently guide you through a series of movements whilst exploring some of the essence of The Feldenkrais Method®.

A search for resolution of several major injuries lead Megan to the Feldenkrais Method®. She discovered so much more than injury recovery and the journey compelled her to share the benefits of this method with others. Megan loves to share the experience gained through her own journey of recovery from pain and injury and how she cultivated more freedom and joy through the Feldenkrais Method®.

#### **#6 Ancient Wisdom, Modern World - Chinese Medicine - Daisy Chai**

Chinese Medicine is a body of medical knowledge that has evolved over thousands of years and is a system of primary health care that looks at your entire well-being with a focus on balance, harmony and your energetic system. Join Daisy Chai for an informative discussion on the philosophy, energetic and metaphysical aspects of Traditional Chinese Medicine (TCM) and how it has influenced and continues to be used in combination with other modalities across the world today. Join

us for a lively discussion on whether the ancient wisdom of TCM still has a place in our modern day society and whether it can continue to support our health as we evolve.

Daisy Chai is a Doctor of Chinese Medicine and a Creative Arts Therapist with more than 15 years of experience who runs a private practice in Melbourne. Daisy is passionate about using a holistic and integrative approach to health and wellness and believes this provides a more effective way of promoting balance, wellbeing and vitality. Special clinical interests include energy medicine, stress management, preventative medicine, food as medicine and scar acupuncture. Daisy is registered with Australian Health Practitioners Regulation Agency (AHPRA) and the Chinese Medicine Board of Australia (CMBA) and is a member of the Australian Acupuncture and Chinese Medicine Association (AACMA) and Holistic Therapists Australia (HTA). Daisy believes it's important to listen to her patients' needs and priorities in a caring, non-judgemental and compassionate way, taking into account the physical, mental, emotional and spiritual aspects of each individual. Her goal is to educate, inspire and empower people.

### **#7 Accessing the Wisdom of Your Inner Voice - Rachel Sietzema**

Do you see others as being wise? Do you wish you had access to that kind of wisdom?

Whatever we see in others is an expression of what is possible within ourselves. However, sometimes we need to unravel a little to hear and see our own innate wisdom. In this workshop we will help you to access your own inner voice. Not the habituated programming you may have been running, but the answers that are found in the quiet stillness of listening to ourselves. Join us to be the wisdom to yourself that you so often are to others.

Rachel Sietzema is a Life coaching therapist who assists people in creating desired change in their lives. Her own struggles in life have steered her towards realising the power of the unconscious mind to sabotage or support goals. She works with both unconscious and conscious techniques to establish change and believes you have the power to change you. ([uchangeu.net](http://uchangeu.net))

### **#8 The Wisdom of Homoeopathy and Bach Flower Essences - Margaret Greendale**

Margaret will be using her *wisdom* and knowledge to introduce two pioneers in natural medicine. She will be doing demonstrations and both Rescue Remedy and individual Bach Flower Essences will be available on the day.

Dr Samuel Hahnemann (1755-1843) a German physician, analytical chemist and extraordinary linguist is the modern day founder of Homoeopathy. With his genius and *wisdom* Hahnemann tested many medicinal substances and he came to the conclusion that the way to treat a condition with the symptoms was to give a medicine which would normally create very similar symptoms '*like cures like*'. Hahnemann discovered the process of potentization.

Dr Edward Bach (1886-1936) was a brilliant physician who practised 20 years as a Harley Street consultant and bacteriologist. He became disenchanted with traditional medicine practices and in his *wisdom* believed that *illness is the effect of disharmony between body and mind*. He came to the conclusion "the personality of the individual was of more importance than the body in the treatment of disease". In 1930 he gave up his lucrative Harley Street practice in order to *devote* his time to the discovery of a completely new, gentle system of healing involving plant remedies and discovered Bach Flower Remedies.

Margaret has been a Naturopath/Homoeopath practitioner for over 35 years. She uses Iridology and Kinesiology in her diagnosis and focuses intuitively with an individual and personal approach. Margaret specialises in all areas of health and is passionate about mental and emotional wellbeing.

For more info view Greendale Natural Therapies ([naturaltherapypages.com.au](http://naturaltherapypages.com.au) & [greendalenaturaltherapies.com.au](http://greendalenaturaltherapies.com.au))

### **#9 Unfolding Wisdom Through Qigong - Abby Lee**

Qigong is a treasured ancient Chinese practice of healing and energy medicine. It is a holistic system that incorporates body postures, mindful intent, breathing techniques, gentle movements and meditation to cleanse, align, strengthen, circulate and harmonize your energy system as well as the physical body. When practised correctly and regularly it cultivates a healthy body, mind and spirit. It is a practice that reduces stress, depression and anxiety and fosters relaxation, calmness, clarity and centeredness. In this experiential workshop, Abby will lead you through a gently Qigong practice. The practice will be suitable for all ages and fitness levels.

Abby Lee is a Master Instructor of Ziran Qigong and 6th generation disciple of Master Liu Deming - 5th generation lineage holder of Ziranmen Kung Fu. She has been training with Master Liu for 14 years and teaching Qigong for 10 years. She has also trained with other acclaimed QiGong, Taiji and Kung Fu masters from China, Thailand, Taiwan and Australia.

### **#10 The Wisdom of The Divine Feminine - Joan Wright-Howie**

When we sift through inherited images of God, the Divine Feminine runs as a golden thread down the ages. She is ever present, but often hidden, diminished and covered over. Joan is just back from a Sabbatical in Cambridge where she explored processes for spiritual growth. She has a powerful story to share about seeking St Brigid in Ireland and encountering wisdom in the Divine Feminine. Come to hear her story, reclaim connection and discover her wisdom emerging in you.

Joan Wright-Howie is the minister of Habitat Uniting Church and director of the SWell Centre, with a vision to awaken abundant life. She is keen to support people to engage in spiritual formation through a process of holding people in Love, as they clarify identity, experience healing, sense their own calling and unique gifts. Joan loves enabling people to become curators of change and advocates for justice. She has a MA in Spiritual Direction and teaches with the WellSpring spiritual direction formation program and a program training supervisors. Joan is married with three teenage children and feels most at home walking along the beach, painting, crafting, cooking and in transformative heart-warming conversations with friends.

### **#11 Wisdom of the Natural World - Jane Ormonde and Joanne Shaw**

Do you long for a close connection to the natural world? Do you sense that there's something deeply missing in the way that we view nature in the western world? Indigenous peoples around the world remind us of what is possible for human relationship to the natural world and we can find huge inspiration and encouragement here. Participants will be gently guided to experience the 'felt sense' connection to nature and its wisdom. Participants will practice mindfulness to get to know the natural world in new ways that will inspire wonder and offer fresh and surprising ways to connect back to home, whether this be in your garden or in any place that you love out in the natural world.

This workshop will be jointly facilitated by Jane Ormonde and Joanne Shaw.

Jane Ormonde is a spiritual director, a pastoral carer, a writer and has had a professional career spanning journalism, training and government work in refugee services. She recently completed a Masters of Spirituality, in which she specialised in Australian Indigenous spirituality of the land including *dadirri*. She is particularly interested in how we, as modern people, have lost our connection to the natural world, and can reconnect with an ancient 'knowing' which is still evident in our yearning to connect in deeper and more relational ways. Jane has done several workshops

with Miriam Rose Ungunmerr, from Daly River, NT, learning about *Dadirri*. She is a long-term spiritual seeker, a daily meditator and has had seasons of church involvement over her lifetime.

Joanne Shaw came to art therapy firstly as a client and it quickly became a passion after she experienced its healing powers. She is currently in the final year of her masters in Art Therapy at the MIECAT Institute and is undertaking a placement at the SWell Centre. Joanne sees art therapy as a way in to hear your own intuition and find your own answers. The art making is the guide and the therapist is just a companion along the path.

### **#12 Self Understanding Through Mindful Wisdom - Kate Evershed**

In this workshop you can explore what it means to be human, drawing your attention into a conscious sensory experience using mindful practices to enliven your daily routines. This experiential session will use mindful meditation and practical activities to start you on your personal mindful journey of self-wisdom.

Kate Evershed is a qualified Mindfulness teacher and Hypnotherapist with a background in education and training. She diversified into Mindfulness as a practice to help students and staff bring balance into their lives and she uses evidence-based practices to explore the principles of Mindfulness within work, home and study environments. Through Mindfulness-Based Cognitive Therapy, Mindfulness-Based Stress Reduction and Acceptance Commitment Therapy exercises she helps participants on their personal mindful journeys, learning to come to the present moment. Kate trained with Central England College in the UK, three-time winner of the training school of the year award with the Association for Professional Hypnosis and Psychotherapy (APHP).