



## ***From Doing to Being: Presence in Stillness***

November 14-17, 2019

Montespertoli (FI), Italy



*4-day experiential seminar to explore the deeper levels of ourselves through the body.*

*For those who know the work of Mike Boxhall, it's an opportunity to savour again its quality, for those who do not know it, it's an invitation.*

We could call this work **Embodied Spirituality**. The Work touches and involves all aspects of the human being. The spirit is not separated from the body, the body is a form of Intelligence/Spirit and is always present and constantly evolving. It tells our story.

For this reason, we will work with the body according to the model of the Biodynamic Craniosacral, through a delicate contact and with such a deep and present sense of awareness, that will allow us to listen to it while telling its story.

**We will listen and we will be heard** relying upon the **Intelligence** that permeates and supports the universe, instead of the limited personal intellect.

Our proposal includes spending one entire day in total **silence**, to become aware of the continuous activities of our mind and expand our awareness. The touch will be there, the welcome will be there and, no doubt, the listening will be there, but from a different level: we will not listen to what comes from our vocal cords and reaches our ears, but the interaction will be from heart to heart.

We will be able to reconnect with ourselves, not in order to become better, but **to be whole**, including all our suffering with an attitude of **loving compassion**. It is a work that transcends from the intellect, it is a work based on the heart.

## TARGET PUBLIC

The seminar is addressed to anyone who would like to undertake a deeper exploration of the relationship with him/herself and with others.

For practitioners, it opens the possibility to access a deeper level of listening to the client.

*Meditation, dialogues, body contact and sharing are the focus of this work.*

*The learning, mainly of experiential nature, is the result of the joint practice between the teacher and the participants. Working with what emerges, we have the opportunity to learn directly from experience.*

## THE TEACHERS

### Laura Di Lernia

After a scientific training in Biology and a three-year research and teaching experience at the University, she trained in Specialized Kinesiology and Naturopathy.

Later, she trained and qualified in Craniosacral Therapy at the Craniosacral Healthcare Institute of Mij Ferret, Mike Boxhall's former student and assistant. Since then, her practice has been primarily oriented to Biodynamic Craniosacral Therapy.

She is an accredited Biodynamic Craniosacral teacher, according to the ACSI standards (Italian Craniosacral Association).

She has been member of the board of the Italian Naturopathy Association (UNA) as Head of the Research Commission.

Since 2006 she has been following Mike Boxhall's work as a student, courses organizer in Italy and assistant. With him, she completed the two-year First International Teacher Training Course.

Always passionate about exploring the complementarity between science and spirituality, she found in Mike Boxhall's model the resonance between modern science and the revelation of the human essence, through the expansion of the Feminine Principle and the opening of the Heart.

### Chiara Garioni - assistant

Her education, after high school, is initially focused on art. After studying in Venice, she moved to Paris, where she studied Fine Arts and History of Art and, whenever possible, travelled around Europe with her husband, an American sculptor she met at the Academy. Together they lived several months on the Island of Rhodes, where they formed a small international community of young artists.

She then settled in the United States, lived in the Village in New York and experienced the most fertile artistic season of the '80s. Later, she moved to California, then to Florida and from there she embarked on a long journey through Mexico, where she began to approach holistic medicine and Spirituality. Back in Italy, since 1998 she works as an interpreter for Kinesiology and Craniosacral Therapy training courses, translating texts and manuals: Mij Ferret, John Wilks, Colin Perrow, Mary Louise and Christopher Muller and Denise McCann are some of the Teachers she worked with during the years. In 2005, thanks to Laura Di Lernia, she met Mike Boxhall and began to work with him as his interpreter and translated both his books "Conversations in Stillness" and "The Empty Chair". Thanks to his teaching, she embarks on the most amazing and compelling adventure of her life.

With Mike, she also completed the two-year First International Teacher Training Course.

In her spare time, Chiara travels on her own with her small moped around Italy, following ancient pilgrimage itineraries and visiting medieval churches, of which she is a passionate researcher.

### **Mike Boxhall**

**4 gennaio 1930 - 10 aprile 2019**

Psychotherapist, Counsellor, Acupuncturist, Craniosacral Therapist for 45 years, Mike was the disciple of Irina Tweedie and other great Spiritual Masters.

Five years President of the United Kingdom Craniosacral Therapy Association, he also served as a board member of the US Craniosacral Association for three years.

Mike developed a unique and original approach that includes body, mind and spirit, aimed at the expansion of the awareness and at the contact with the most intrinsic core of the Being, mainly in group work contexts. His Buddhist approach underlined his work.

For years he has been leading groups in South America, the United States, Spain, Germany, Denmark, the Czech Republic and Italy.

He published the books "The Empty Chair" and "Conversations in Stillness", both translated in many languages.

### **VENUE:**

Associazione I 3 Santi, Via Voltiggiano 5, 50025 Montespertoli FI, Italy

### **INFO & CONTACTS:**

Laura Di Lernia [info@essereuno.com](mailto:info@essereuno.com) , +39 339 298 62 29

The translation of the seminar Italian/English/Italian will be provided by Chiara Garioni

### **MORE ABOUT THE WORK:**

<http://www.essereuno.com/mike-boxhall-italia/>

<https://www.facebook.com/lauraessereuno/>

<https://www.facebook.com/MikeBoxhall/>

<http://www.stillness.co.uk/>

<http://www.theemptychairteachingfoundation.com/>