

**APPLICATION TO**  
***Body as Living Presence 2017-2018***  
**with Zuza, Scott & Friends**

Please fill out and return to us via email as an attachment.

*If you cannot open the document, copy the contents of the pdf into your word processing program and fill out that way then save as pdf again.*

**For detailed program information, logistics, and cost please refer to the website.**

**YOUR CONTACT INFORMATION**

**Name:**

Please also put your name in the title of this document. (Save as ...)

**Telephone Number(s)**—please indicate best way

to reach you:

to leave a message:

**Email Address:**

**Mailing Address** (also your street address, if different):

**Occupation:**

**Date of Birth:**

**Emergency contact**—name, relationship, phone number(s):

**Program you are applying to:**

**BASIC:** SEPTEMBER 2-9, 2017 | MARCH 23-31, 2018

**EXTENDED:** SEPTEMBER 2-9, 2017 | MARCH 23-31, 2018 | JULY 1-8, 2018

**MENTORSHIP** [REQUIRES PARTICIPATION IN THE EXTENDED PROGRAM]

**Prerequisite:** Please list the workshop(s) have you taken or booked as the required prerequisite. See website for details.

**Time & money commitment:**

Are you able to attend the entire program?

Have you read carefully the fine print section of the logistics page? Any concerns?

**Your health:**

Do you have any relevant medical or mental health history and/or current challenges—diagnosis, treatment, illness, injury, immune sensitivities, medications, etc. that we should know about? Is there particular support you would want or need around this while participating?

*Please see next page for more questions.*

## MORE ABOUT YOU

**Type your answers to the following questions. Please dedicate some time to this—see it as part of the program. Answer each question.** Your answers will be read by Zuza & Scott only and will be kept confidential.

1. What is your motivation for participating in this program?
2. What are your intentions in terms of awareness or growth in your life?
3. Briefly describe two of the most beautiful experiences in your life.
4. Briefly describe two of the most traumatic experiences in your life.
5. Outline your past experience with each of these, if any:
  - ☞ movement, especially awareness based;
  - ☞ process oriented inquiry (therapy, counseling, group or couples work);
  - ☞ meditation, spiritual practice (prayer, stillness, contemplation).

*If you have studied Soul Motion or Gestalt Awareness Practice, please make sure you mention those.*

6. What supportive practices do you currently have in place that you use for self-care and integration? *Examples: movement, creative practices, spiritual practices; other supportive groups/communities, time in nature, therapy, journaling, meditation, etc.*

## THE GROUP EXPERIENCE

7. What do you know about yourself in relationship? Are you a person who needs a lot of space, a lot of closeness, —— ? Where in your life are your intimacy needs currently met, not met?
8. Describe some of your past experience with groups (*family of origin is a group*).
9. What helps you feel supported in a group situation (by other participants, facilitator, your own resources, etc.)?
10. What are your areas of difficulty in interactions with others? What triggers you? What is hardest to be with?

**Please note ::** *In this group, we will engage in an experiment in transformation in community. Sometimes this kind of work can be challenging precisely because of its transformative potential. It is very likely that participation will bring up feelings or reactions that can be confusing or painful.*

*Participants will be expected to use their challenges, triggers, and reactions as invitations to deepen awareness and grapple with what is touched inside them—most*

*often unfinished emotional business from the past—within the structure of the program.*

*In other words, personal work will be done mostly in the context of group learning, rather than with one-on-one support/reflection from the leaders. Being a study group rather than a therapy group, the program may not always match your individual need or timing, or address what is arising for you in the moment. We want you to be aware of this limitation before you commit to joining us.*

*Also, this is not a group where interpersonal issues will be the focus. We consider the ability to take an “outside” issue and explore it as an inner dilemma necessary for the process of growth/growing up. Do you? Of course, support for that work is built into many of the partner practices and other structures we will explore during the sessions.*

*We want to know whether participation in this program the way it is set up will satisfy your current growth intentions rather than bring disappointment. Respond by addressing the questions below.*

11. Do you feel able to participate in this way? To own your personal process and sometimes have it be secondary to group learning? To explore interpersonal difficulty as an opportunity to increase awareness of your *inner dilemmas*?
12. What do you know about your habitual, patterned ways of responding when you're triggered?
13. What are some ways you have worked with this (your conditioned patterns of response) in yourself?
14. Who will you go to if you need to process any personal material stimulated in our meetings? *We require you to have support outside the program to continue with what may be left from our time together.*

*Thank you for considering this program. We will contact you individually about next steps within three weeks of receiving your application. If you have logistical questions, please [contact our Angel](#).*

*We look forward to reading your responses, and even more to spending a year together!*  
~ Zuza & Scott