



## **SOMATO RESPIRATORY INTEGRATION**

W/LAWRENCE BELL D.C

**IMMERSION**

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**Saturday, June 23<sup>rd</sup>**

**1pm - 5pm**

**\$50**

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### Somato Respiratory Integration (SRI)

Based on Donald Epstein's book "The 12 Stages of Healing", SRI exercises are designed to help the brain to reconnect with the body & its experience. The goal of SRI is to help an individual develop lifetime skills, safety, strength, wisdom and love in relationship to the experience of his/her body, its vibration, structure, and energy.

Through connecting a person's breath, touch, focused movement, and attention, they are able to experience the body more fully and instantly shift their state of consciousness to one that supports trust for the body-mind and their life experience.

Please join us for an experiential **IMMERSION** into all 12 stages of: **"The 12 Stages of Healing"**

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**Discovery:**

**Stages 1, 2, 3**

**Transform:**

**Stages 4, 5, 6, 7**

**Awaken:**

**Stages 8, 9, 10, 11, 12**

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Space is limited. Please register early to secure your spot!

No prerequisites or prior experience necessary

Please bring:

**Yoga Mat, Notebook, Pen, Water**

### **EVENT LOCATION**

Updog Yoga  
210 W. University Dr.  
Rochester, MI 48307  
(248) 608-6668

**Register/Payment @:**

[www.updogyoga.com/workshops](http://www.updogyoga.com/workshops)

In this workshop, participants will take a guided journey, immersing into the heart of each of the 12 stages of SRI: Discovery (stages 1-3), Transform (stages 4-7), and Awaken (stages 8, 9, 10, 11, 12). This is an entirely experiential workshop (no lecture, limited demonstrations only where needed).

### **Season of: DISCOVERY**

In Discover (Stages 1 through 3), we learn the ways in which we have dissociated or have moved away from different sources of pain. We experience the continuum between disconnection and connection and discover the bio (life force) and emotional energies that act as resources for greater connection. In this season, we can discover how peace and even joy can come from the awareness of how we have run from pain and fear, blamed, judged things, events, and people for our experiences

Stage 1: Suffering

Stage 2: Rhythms & Polarities

Stage 3: Stuck in a Perspective

### **Season of: TRANSFORM**

In Transform (Stages 4 through 7), life is about transforming our rules, beliefs, and maps of our life and relationships to reach or exceed our targets. We take conscious action with courage, strength, determination, and self-assurance to create the necessary changes in the moment. Transform involves focused and directed use of the mind to harness emotional and life energies. It is ultimately a season of empowerment, progress, and feeling victorious.

Stage 4: Reclaiming Our Power

Stage 6: Preparing for Resolution

Stage 5: Merging with the Illusion

Stage 7: Resolution

### **Season of: Awaken**

In Awaken (Stages 8-12), we expand our ability to compassionately experience the world, perceive joy, passion, gratitude, love, while feeling inspired to offer our gifts to community. There is a natural and effortless “being-ness” that permeates through our thoughts, feelings, and actions in daily life.

Stage 8: Emptiness in Connectedness

Stage 9: Light Beyond the Form

Stage 10: Ascent

Stage 11: Descent

Stage 12: Community

For or more information, books, workbooks, or CD sets about SRI or [The 12 Stages of Healing](#), please visit [WiseWorldSeminars.com](http://WiseWorldSeminars.com). To register for this event, please go to the registration area on the front side. We're looking forward to a great event.... hope to see you there!



Dr. Bell has been practicing NSA, SRI, and other gentle healing methods since 2002. He offers monthly talks, workshops, retreats, and tools aimed at providing support & strategies to those individuals and organizations who wish to take their growth to new levels. For more information, please call (248) 266-8035 or write to: [SametaHealing@gmail.com](mailto:SametaHealing@gmail.com). You may also visit [IntegraLifeCenter.com](http://IntegraLifeCenter.com).