

A Workshop For Women

~ A body-centered path to women's authenticity ~

THE TAO OF THE BELLY

COMING TO CHICAGO

SATURDAY, MAY 20, 2017 9 A.M. TO 5:30 PM AND

SUNDAY, MAY 21, 2017 9 A.M. TO 4:00 PM

COST \$350

~YOUR FACILITATORS~

Amy Sprague Champeau

LMFT, Jungian Psychoanalyst and Somatic Psychotherapist

Everett Ogawa

Founder and Teacher of Integral Bodywork®

LOCATION: C. G. JUNG INSTITUTE OF CHICAGO
53 W JACKSON BLVD., SUITE 438, CHICAGO, IL

12.5 CEUs available

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THE TAO OF THE BELLY

**WHAT YOU EXPERIENCE IN THIS WORKSHOP
COULD CHANGE THE WAY YOU LIVE YOUR LIFE!**

(not to mention spare you a good amount of unnecessary suffering along the way)

"Amy and Everett are very knowledgeable, caring facilitators who work beautifully together. They were always open and available for questions and remain so after the retreat. The Belly Retreat was a completely positive experience for me. I enjoyed and embraced every single minute."

— Julie B., (Chicago)

This workshop is for you if you feel:

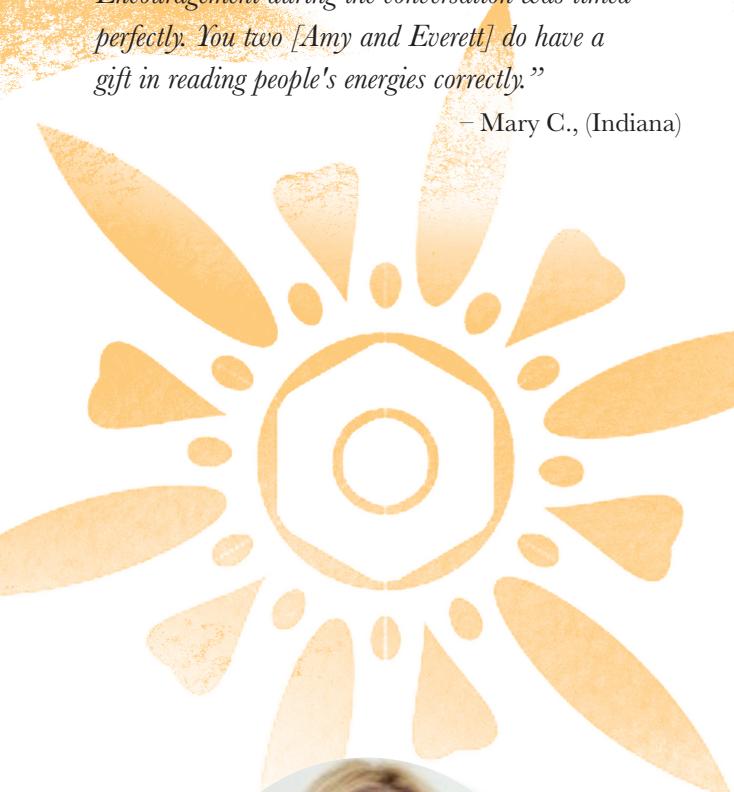
1. Stuck in a plateau emotionally, physically, or spiritually.
2. Doubtful about whether you are experiencing and living your life as fully as possible.
3. Angry, ashamed or unhappy with your body.
4. Occasional or frequent physical symptoms of distress in the region of your tummy.
5. Curiosity about what this means.
6. Frustration about where to turn for support and guidance.
7. A strong desire to discover understanding of yourself and your life.
8. Eagerness to move to 'the next level' in your personal development.
9. Motivated to find the key to unlock your treasure chest of hidden potential which you intuitively know is there... somewhere.
10. Passion to discover a deeper, more powerful and more meaningful connection to Source, which again, you intuitively know is your birthright as a woman.

If you resonate with even one of these questions, then our workshop, *The Tao of the Belly*, is definitely for you!

COST: \$350

"The Yoga position session with the belly conversation following was also amazing. It actually worked. I could communicate with my belly. The guidance throughout made it calm, easy and enjoyable. Encouragement during the conversation was timed perfectly. You two [Amy and Everett] do have a gift in reading people's energies correctly."

— Mary C., (Indiana)



Amy Champeau



Everett Ogawa

THE TAO OF THE BELLY

In our current culture, women's bellies are frequently maligned. There is pervasive misunderstanding and abundant misinformation about this part of our bodies. There is no end to the negative attitudes women (and men) express about this most vital, life-affirming part of our physiology. In fact, many women have sought to disown their bellies, ignoring any sense of relationship with it. Meanwhile, many women are suffering from all kinds of physical symptoms and dis-ease that find their locus in their bellies.

This negativity toward women's bellies and bodies may be the #1 public health issue of our time!

Simultaneously, there is a lot of hurrah and hoopla about women's empowerment with everybody and their sister offering a myriad of programs and workshops about how to find, grow or unleash your personal, feminine power. Well, here is another one of those workshops...with a difference. The difference is our message:

Making friends with your belly could be the single most important thing you can do to start feeling more healthy, whole, vibrant and powerful.

A whole universe lives within our bellies - literally the womb of creation. Incredibly rich potential and endless new possibilities emerge from there.

The ancients understood this and venerated a woman's belly as sacred space. In our workshop, you will have the opportunity to strike up a new relationship, a friendship, with your belly.

Working with the insights and wisdom of Western depth psychology as well as Eastern understanding; through body, breath, sound, imagination, creative expression, discussion and community-building you will directly access new experience and awareness of the archetypal wisdom that lives in our bellies.

Yes, a whole universe does live in there!

The perspective we will be sharing in this retreat is the result of Amy and Everett's combined 45+ years of practice and experience in Western psychotherapy, Jungian/depth psychology, structural integration bodywork, yoga and zen training. Because of who we are and what we have experienced in the course of our training, work and lives we bring a lot to the table when we teach this material.

THE TAO OF THE BELLY

We don't teach primarily from books, we teach from our experience and our guts. We are confident that you will find our understanding and teaching is deeper, more comprehensive and effectively integrated than what you may have been exposed to before. WE WALK THE TALK.

You will learn simple, powerful and effective body and mind practices which you can use on your own at home to continue to build your positive relationship with your belly once you leave the weekend. You will take home a tool box of practices that hold the possibility for deep change in every area of your life.

Our hope is that your belly might even become a good and trusted friend as you move forward in your life.

REQUIRED READING: Sarasohn, Lisa, *Women's Belly Book*, Introduction through Chapter 4 plus Appendix 1

Estes, C. P., *Women Who Run with the Wolves*, chapter 7, "Joyous Body" van der Kolk, B. *The Body Keeps the Score*, chapter 6, "Lose your body, lose your self"

Location

**C.G. JUNG INSTITUTE OF CHICAGO
53 W. JACKSON BLVD., SUITE 438, CHICAGO, ILLINOIS**

Saturday, May 20, 2017, (9 a.m.-5:30 p.m.) - Sunday, May 21, 2017, (9 a.m.- 4 p.m.)

Arrival and checkin: Saturday, May 20, 2017 at 8:30 a.m.

Program starts promptly at 9 a.m.

Closing: Sunday, May 21, 2017 at 4 p.m.

REGISTRATION DEADLINE IS 5/1/17.

Registration is limited to 12 participants, so sign up early!

This retreat is open to women of all ages, ethnic backgrounds and faiths. The one prerequisite is an open mind. Due to the intensive nature of the retreat, we will be screening applicants as to their suitability and readiness for this experience.

If you are interested in joining us, please contact Amy Champeau, amychampeau@gmail.com or call 262.412.0646 to schedule an interview.

CANCELLATION POLICY:

Cancellations made prior to 5/1/17 will receive a 50% refund.

No refunds will be made for cancellations after 5/1/17.

Contact Everett Ogawa, everett.ogawa@gmail.com, 773.318.7787, for any cancellations.

CEUs will be available through the C. G. Jung Institute of Chicago.

THE TAO OF THE BELLY

This workshop is designed to teach you several powerful practices which you can do at home so that you will be able to continue to connect with your belly and its wisdom on a daily basis going forward in your life.



“...the art therapy—what a great exercise. Going over them at the end was enlightening as well. I did not expect the changes that were occurring, and the proof was in the drawings. Progress was happening constantly.”

—M.C., Valparaiso, (Indiana)

TENTATIVE SCHEDULE

Saturday, May 20, 2017

Morning: GATHERING THE CIRCLE

8:30AM	Arrival and Check-in
9:00 AM	SHARP! WORKSHOP BEGINS
	Setting our Intention
	Moment-to-Moment Intuitive Expression
	Elevator Breath Mindfulness Instruction
	TRE (tension, stress and trauma releasing exercises)
	Discussion of readings and archetypal underpinnings
LUNCH	<i>ON YOUR OWN</i>

Afternoon: OPENING TO PRACTICE

1:30-5:30PM	Belly Mythology: Baubo: The Belly Goddess Active Imagination: Drawing from the Depths Gateway Stretch Sequence Belly Dialogue Moment-to-Moment Intuitive Expression Discussion and sharing: Belly Mythology Ending Circle
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Sunday, May 21, 2017

Morning: DEEPENING OUR PRACTICE

9:00-11:30AM	Belly Mythology: Sekhmet: The transformative power of rage and anger Moment-to-Moment Intuitive Expression Elevator Breath Mindfulness TRE review
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Afternoon: RETURNING TO THE WORLD

1:00 -4:00PM	Belly Mythology: “The belly that talks” Discussion and sharing: Body image, power and the influence of cultural conditioning Hara Breathing Instruction Belly Dialog Support for our Practices Taking it into the World Closing Circle
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~ A body-centered path to women's authenticity ~

"Amy and Everett were wonderful Teachers and Hosts.
They are shining examples of being present, aware and graceful."

Julie B., (Chicago)

YOUR FACILITATORS:

Amy Sprague Champeau, MSMFT, LMFT

www.somaandpsychetucson.com

Amy is a Jungian psychoanalyst; licensed marriage and family therapist; somatic psychotherapist; certified practitioner of EMDR; certified TRE® provider; and certified practitioner of Integral Bodywork.® Amy has practiced Zen meditation for 30 years, has been in private practice as a psychotherapist for over 20 years and is the founder and teacher of Moment-to-Moment Painting: An Intuitive Process.® She has studied a wide range of practices which utilize expressive arts and the body as gateways for personal growth and transformation. Amy's personal experience of using these methods in her own life and witnessing the changes in others who receive this work have transformed her psychotherapeutic practice. Her work has been called a "blend of practicality and spirituality"; it blends Jungian analysis with somatic psychotherapy, bodywork and creative expression to create a unique modality that moves beyond 'talk therapy'. Amy is a mother and grandmother. She is passionate about helping women access the innate power that is already within them, and, in this retreat she will be teaching practices which have helped her to do that in her own life. She is a frequent presenter on the topic of the body as a gateway to transformation. She enjoys providing consultation to other mental health professionals to help them become more effective and comfortable in incorporating experiential, creative and body-oriented interventions into their work. She currently lives and works in Tucson, Arizona.

Everett Ogawa

www.integralbodywork.com

Everett is the founder and teacher of Integral Bodywork.® He is also a Certified TRE® Provider. Everett received an M.A. in Buddhist and Western Psychology from Naropa Institute in 1978. In 1980, he underwent intensive zen and hara training as a live-in student at Chozenji Zen Monastery in Honolulu. Hara training is deep body and breath training in utilizing the centering, stabilizing power of the belly. His basic Structural Integration training came directly from William "Dub" Leigh, the Founder of Zentherapy in 1991-95. Everett practiced and taught bodywork, zen and hara training in Chicago for 35 years working with people from every station and walk of life. Over time, his bodywork practice became increasingly centered around women. In this retreat he will be sharing understanding and insights resulting from years of doing intensive deep bodywork with women supporting them in their efforts to go to 'the next level'. Everett's experience working with women's bellies has convinced him of the extremely urgent necessity of providing more real, life-affirming education and training regarding this vitally important subject. He is on a crusade in these regards. He now resides and teaches in Tucson, Arizona.

FOR INFORMATION OR TO REGISTER, PLEASE CONTACT:

C. G. Jung Institute of Chicago, www.jungchicago.org

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Everett Ogawa: EMAIL: everett.ogawa@gmail.com PHONE: 773.318.7787