

MAN AS A WHOLE

'Esbima' deep structural bodywork

An updating course for professionals in the fields of health care and personal development who (want to) contribute to awareness, creativity and thriving.



What is Esbima?

Esbima (Expressive structural body intelligence manifestation) is a new body oriented methodology for relaxing and rebalancing man as a whole, based on the premise that a relaxed body/heart/mind state is the basic condition for the health and flowering of man.

Focusing on awareness and body consciousness, Esbima has as side effect the elimination or relief of all kinds of psychosomatic and existential diseases/afflictions.

This methodology was (and is further) developed by Yoyo van der Kooi (www.yoyo.nl) in her holistic practice (since 1990) and Centre for Healing and Thriving (since 1999) in Arnhem, The Netherlands.

Esbima has its roots in the philosophies of the Tao, the Advaita Vedanta and the old East Indian Tantric schools.

Individual sources of inspiration are Gurdieff, Krishnamurti, Osho, Ken Wilber, A.H. Almaas and Eckhart Tolle.

Also integrated are elements from Reichian breath work, Rolfing, Bio-energetics, Gestalt, Rebirthing, Postural Integration, Kinesiology, Rebalancing and Mind shifting.

For whom?

This course is for people who are working or intend to work with people towards health and fulfilment - and are looking for ways to bring out the best in their clients.

Such as medical doctors, psychiatrists, psychologists, therapists (both regular and alternative), nurses, chiropractors, osteopaths, acupuncturists, shiatsu practitioners, masseurs, counsellors, teachers, yoga, drama, dance, voice teachers, fine artists and other people working in the field of healthcare and/or personal and talent development.

The methodology

Layer by layer Esbima systematically releases chronic contractions in the body's connective tissue, caused by stress, wrong postures, suppressed emotions and limiting beliefs.

By a combination of slowly increased pressure/stretching, vibration, adapted breathing, sound and emotional release, the shortened tissues are being restored to their original length.

Organs, nerves and blood vessels which were pinched off by unconscious and automatized muscle contractions are freed. As a result the life energy can flow again uninhibited through the system and the body resumes its natural balance.

Additional verbal interaction and mind shifting exercises help to integrate undigested emotions and eliminate limiting beliefs. Thus not only physical but also psychological complaints of varying nature can disappear or be reduced.

From the body consciousness that arises in the course of the sessions insights are born which may give access to untapped potential. New perspectives appear and the quality of life increases.

Course set-up

Level 1

Opening the superficial connective tissue layers

Five 4-day modules:

- Self inquiry
- Anatomy/physiology
- Psychology
- Chakras, meridians and emotions
- Breath work

Level 2

Releasing the deeper connective tissue layers.

Five 4-day modules:

- Self inquiry
- (Psycho) pathology
- Handling emotions
- Sound and vibration
- Meditation

Level 3

integration

Three 4-day modules:

- Fine-tuning, balancing and integrating the body/mind system
- Working with the mindset
- Spiritual anatomy and meditation

In every module a series of finger/hand/arm positions are explained and practised, with the corresponding breathing/motion techniques and energy work.

The mornings are for theory and learning the techniques. The afternoon for practising and processing.

Skills to be acquired/enhanced

- Loving touch
- Body reading
- Emotional balance
- Recognizing the relationship between physical complaints and undigested emotions c.q. limiting beliefs
- Unbiased listening
- Intuition
- Empathy
- Using humour as a medicine
- Activating untapped potential
- Reporting
- How to run/improve your practice

Certification

After each module the students start practising with experimental subjects, reporting to the mentor and tutors.

Passing a test, students receive certificating of the acquired level (after which they are entitled to work with clients on that level) and can move on to the next level.

Guidance

Mentor: Yoyo van der Kooi.
Tutors: Sangito Bruins and Ingrid Bouwmeister

Investment

Course fee: € 400 (£ 350, US \$ 550) per 4-day module.

Locations

The Netherlands and various venues
in Europe.

Information

The Laborint
Centre for Healing and Thriving
25, Oost-Peterstraat
6822 AD Arnhem, The Netherlands
T +31 26 3512967
E-mail: info@laborint.nl
www.laborint.nl

