

## Biosynthesis Certification Program in Santa Barbara

We are happy to announce that a new Biosynthesis Certification Program will begin September 2008 with international trainer Gabriele Hoppe. This somatic psychology program includes lectures, treatment exercises, and meditations to enhance the participant's quality of life as well as to inform the participant's professional skills. The training is designed to run in conjunction with your profession and consists of a five-year curriculum, three-year foundation training and a two-year advanced course. Each year includes three units of two consecutive weekends. Graduates in human sciences are accepted and professionals who work in a psychosocial field or took part in other degree courses. We also welcome body-therapists, psychotherapists, practitioners of alternative medicine such as acupuncturists, as well as people working in the educational field and lay people who like to deepen their knowledge. In each training unit there may be some places for guests available.

The first unit is open to experience the work of Biosynthesis.

The first year course:

Unit 1: Foundation                      September 19<sup>th</sup> – 21<sup>st</sup> 2008  
September 26<sup>th</sup> – 28<sup>th</sup> 2008

Unit 2: Grounding                      January 2<sup>nd</sup> – 4<sup>th</sup> 2009  
January 9<sup>th</sup> – 11<sup>th</sup> 2009

Unit 3: Centering                      April 2009

The roots of Biosynthesis connect very well to Eastern and Western medicine. Biosynthesis is a somatic and depth–psychology oriented therapy with a strong focus on the spiritual level. The word Biosynthesis means "integration of life". Biosynthesis encourages organic growth, personal development and spiritual integration. This study is a process-oriented path of development, which recognizes the individual as unique and multi-dimensional. The objective of our work is to forge a link between the three aspects of human existence:

- Somatic or body existence
- Psychological experience
- Spiritual essence

When we work with the body in the context of Biosynthesis, we draw upon the principals of embryology. We aim to integrate and harmonize breathing patterns, muscle tone and the expression of emotion, so that they flow together as a whole. The methods of Biosynthesis are oriented around the principles of organic growth. We work with physical movement such as the waveforms of rhythmic breathing to release inhibited intentionality and stimulate new embodiments of the psyche.

When we work with the psyche, the aim is to integrate feeling, thinking and acting. These are the three most important factors that form and shape an individual.

Biosynthesis also relates to the human potential hidden within a trauma, as well as the function of somatic resonance and interpersonal presence.

The spiritual foundation of Biosynthesis emphasizes the central aspects of empathy-for our self as well as for others. It is based on the idea that the qualities of our essence need to be “grounded” in everyday reality. When we work with the energy field and energy body we can influence the psychic body, illnesses or disturbances and strongly affect our health. The work of Bob Moore, a healer from Denmark, is integrated into the spiritual aspect of Biosynthesis.

Unit 1 will emphasize the root chakra and the spine as the basis of autonomy, and the difference between over-grounded and under-grounded character tendencies. A main theme is the understanding of the motoric fields as patterns of developmental movement and expressive gesture. Major teaching themes are holding patterns in the body, polarity tendencies in the body and impulse qualities in movement.

Unit 2 will emphasize the hara chakra and the pre- and perinatal aspects of experience, womb life and birthing process. Breathing patterns, hyper- and hypoventilation, the polarity between containment and release will be presented.

Unit 3 will emphasize the first year of life, the throat chakra, healthy needs and patterns of addiction. Biosynthesis principles of elements of touch as a form of healthy nourishment are taught.

International Institute for Biosynthesis, Switzerland

The International Institute for Biosynthesis IIBS is a centre for Biosynthesis research and training, lead by Silvia Specht-Boadella and David Boadella. Training institutes in 20 countries worldwide are affiliated to the Institute. The IIBS is a member of the World Council for Psychotherapy (WCP), the European Association for Psychotherapy (EAP) and “Medicina Alternativa Internacional,” among others. The IIBS plays an active part in various international psychotherapy associations; on the board of the scientific recognition committee at the EAP, in the psychotherapy and spirituality workgroup at the WCP, and in many other capacities as well.

For additional information: please email Gabriele: [gabriele.hoppe@mac.com](mailto:gabriele.hoppe@mac.com), call Lillian Kurosaka 805 708 5164, email [lkurosaka@yahoo.com](mailto:lkurosaka@yahoo.com) or call Lori Guynes 805 681 6225. Class size will be kept small to preserve the intimate nature of the group and the work.



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Unit 1: Founding September 2008

Unit 2: Grounding January 2009

Unit 3: Centering April 2009

Schedule for all classes:

Friday 5pm – 10pm

Saturday 10am – 7pm

Sunday 10am – 6pm

Location is Santa Barbara, California. A confirmation will be mailed to you upon receipt of tuition.

Name: \_\_\_\_\_ Profession: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_\_

Units 1, 2, and 3 Tuition: \$2370.00, Guest tuition is \$840 per Unit.

10 % reduction for Students of the SBGI is possible

Please fax to Gabriele 011 49 211 360657

