

Introduction to Biosynthesis



With Gabriele Hoppe

All are welcome to this **FREE** event at the
Montecito Hall/Montecito Library building,
1469 East Valley Road, Montecito, CA 93108, on
Wednesday, January 13 from 5 - 8 p.m.

Please come and experience this profound work, whether you are a professional health care practitioner, mind, body and/or energy therapy practitioner or a lay person interested in a deeper connection to self. Participants will become acquainted with basic theories and methods that constitute some of the major somatic-psychological practices and their clinical application. Topics include body and breath awareness, self-regulation, the embodied therapist, the facets of experience, and the body as gateway to presence.

It is a great privilege to have **Gabriele Hoppe** come to Santa Barbara, the location of the only Biosynthesis training offered in the United States. Hoppe is a long-time trainer for the International Institute for Biosynthesis and a teacher of the German Acupuncture Society. She has co-created with acupuncturist and author Gabriel Stux, "Energy Medicine and Therapy" which is a unique combination of Chinese Medicine and Biosynthesis. Her specialty focus is prenatal and perinatal psychology and early developmental issues. She has trained extensively in the work of Moshe Feldenkrais and Eutonie, as well as training with Chuck Spezzano and Carl Simonton.

What is Biosynthesis? This integrative study of the practice of body-oriented psychotherapy, addresses the whole human being which includes body, psyche, and soul, as well as the transpersonal dimensions.

The word Biosynthesis means "integration of life" and that is precisely what this work is about: harmonious integration of breathing patterns, muscle tone, and emotional expression; integrating feeling, thinking and acting; grounding the qualities of our essence in everyday reality.

For more information [_www.biosynthesis-institute.com](http://www.biosynthesis-institute.com).

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