



Course Syllabus

2 days; 4 sessions; 11 CEU hours

Workshop Leader: Ann Bradney, Director, Radical Aliveness Institute

“Intro to Radical Aliveness: A Radical Aliveness Institute Workshop”

Due to the spontaneous nature of this co-creative group work, the class format may change throughout the week but the Radical Aliveness principles and skills as outlined below will be covered in each 2-day period.

WORKSHOP SCHEDULE AND COURSE CONTENT

Saturday Morning session (3 hours)

Introduction – group introductions; Container building; review of principles of Radical Aliveness, energy and consciousness, introduction to somatic techniques, theory and practice.

Saturday afternoon session (3 hours)

Exercises to unearth socialized experiences and attitudes that are held somatically. Exploring personal blocks to aliveness and presence. Teaching of somatic theory of emotional holding and energetic holding.

Sunday morning session (3 hours)

Radical aliveness group theory and process - Active participation in Radical Aliveness group applying somatic techniques and key concepts of energy and consciousness. Practice techniques for working with personal and interpersonal conflict. Demonstrate understanding of impact and intent. Application of Radical Aliveness principle- “Honoring multiple perspectives”

Sunday afternoon session (2 hours)

Radical Aliveness Process Group – Radical Aliveness group process demonstrating knowledge of all principles used throughout the workshop. These may include: energy and consciousness; somatic techniques; intention and impact; Mask/Adjusted Self; Lower Self/Destructive Energy; Higher Self/Whole Self, creative/constructive self; techniques for working with conflict; and the 5 Radical Aliveness principles: “Cultivating a non-shaming heart,” “Knowing you don’t know,” “Honoring multiple perspectives,” “Saying ‘Yes’ to everything,” “Be willing to be changed by your encounters.” Closure, – Discussion of integration of Radical Aliveness principles and somatic techniques into life and professional practice. Question and Answer. Closure process.