

tribhuvan

threefold dramatherapy workshops

tribhuvan workshops are offered at various times through the year and can be attended as stand alone workshops

1. Three States of Being – ‘Awake, Dream, Deep Sleep’

An Experiential Dramatherapy Exploration of the Three States through

- the text of ‘Hamlet’
 - various Vedic, Buddhist, Anthroposophical and Sufi texts
 - Body, Movement and the Kinesthetic Body
 - Dr. Jean Houston’s Three States of Being: ‘This is Me/We Are/I Am’
 - How may this inform/enhance Dramatherapy?
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2. Exploring the Kinesthetic/Imaginal/Soul Body

Drawing on the work of Dr Jean Houston, Dr Robert Masters and the Sufi tradition, this workshop will continue working with the self-orchestration of Consciousness via the Kinesthetic/Imaginal/Soul Body

- Introducing The Kinesthetic/Soul Body - the felt body of muscular imagination
 - Working with the Kinesthetic/Soul Body
 - Warm-up: accessing the Kinesthetic/Soul Body
 - Walking without walking
 - Conscious exploration of the peripheral spaces of Inner Awareness’
 - Connecting the energies of the Kinesthetic/Imaginal/Soul Space with the Drama of the Personality in everyday life
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3. Love in the Earth: Restatements and Renewals

An Experiential Dramatherapy Exploration of the The dynamic of the Head (Thoughts) and the Gut (Emotions)

- Opening the Love/Heart Centre (Love/Compassion)
 - Reviewing/Renewing our ‘inner’ resources
 - How may this inform/enhance Dramatherapy practice ?
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4. Symbols of Soul & the Kinesthetic/Soul Body

An experiential Dramatherapy exploration of: personal mythologies, symbols & archetypes – focusing on the inner dramatic dimensions of Psychic and Soul Being

- Our personal, familial and extended mythologies, symbols and archetypes – including communal/national/ethnic
 - Working with the Kinesthetic Body – exploring the peripheral spaces of 'inner awareness'
 - Reviewing/Renewing our 'inner' resources
 - How may this inform/enhance Dramatherapy practice ?
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5. A Goethean Approach in Dramatherapy: Nature, Metamorphosis and Transformation

- Exploring how processes in Nature can lead us to perceive and experience change in art, society and our personal lived realities.
 - How creative expressive methods can enhance in us an inner sense of truth
 - Change and metamorphosis in the 4 kingdoms – mineral, plant, animal and human will be explored as an example of this awareness.
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Workshops are usually held in Central London – usually in Camden or around Tottenham Court Road area. They may be attended as stand alone workshops or as a complete series.

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