

Hakomi Experience Bilbao Program - Sept 2019

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Date	Session	Theme	Descripción	Presenters
20-9-19	Afternoon 14:00-15:00	Reception and Presentations		Organizing Comitte
	Afternoon 15:00- 18:30	Working with the Human Condition	Introduction to Hakomi and Assisted Self Study	Donna Martin (EEUU) Georgia Marvin (Canadá) Adama Hamilton (EEUU) Bob Milone (Canadá) Flint Sparks¿? (Hawai)
21-9-19	Morning 9:30-13:00	Beginner's Mind	The Practice of Beginner's Mind	Danielle Laferriere (Canadá) Hersh Gottheil (Canadá) Sophie Cattier (Suiza)
	Afternoon 15:00- 18:30	Becoming Whole Again	Whenever we have a preference for feelings, emotions or states of mind in us or other people, we are excluding the "unwanted" and we are creating separation. We want to explore together our relationship to the "difficult" feelings... anger, shame, sadness, loneliness... as well as the expression of tenderness or love, and see what's in the way to welcome all these different states into our world and feel connected again.	Caroline Braham (Reino Unido) Gabriela Valdes Villarreal (Mexico) Bettina Deuster (Alemania)
22-9-19	Morning 9:30-13:00	The Refined Method: The Human Condition and Unnecessary Suffering		Bob Milone (Canadá) Adama Hamilton (EEUU)

	Afternoon 15:00- 18:30	Being the Wave, Being the Ocean: Waking from the Dream of a Separate Self.	Exploring the common ground between Hakomi and Buddhist ideas of self/no self. In Hakomi we study how we create a 'self' in response to our world, in buddhism as Dogen says, We study the self to forget the self. In this workshop will explore how we can loosen our sense of a separate self and tap into our essential wisdom.	Trudy Johnston (Reino Unido) Silvia Kohen (USA / Argentina)
23-9-19	Morning 9:30-13:00	At the edges of me and you: exploring the habits that separate us.	Our habits of relationship often limit the possibility of an authentic connection. We want to bring awareness to what gets in the way of being able to have fuller relations. This is an invitation to explore these habits of relationship, and the way in which we embody them. Let's recover and deepen our intimacy with ourselves and others.	Tere Hubard (Mexico) Maru Serrano (USA) Diana Akawie (Argentina)
	Afternoon 15:00- 18:30	Embodied Mindfulness		Donna Martin (Canadá) Georgia Marvin (Canadá)