



EVOLUTIONARY HEALING INSTITUTE

SOMATIC AWARENESS WORKSHOP

January 20-21
WEEKEND RETREAT



Discover the World of Somatic Awareness & Healing

Are you ready to embark on a journey within yourself? Join our transformative workshop and delve into the realm of somatic awareness and somatic healing. This workshop is all about embracing the wisdom of your body, where sensations and information are processed through the higher centers of your brain, such as the middle prefrontal cortex.

Our primary goal is to help you become fully aware, mindful, and conscious of your body's sensations without drifting into disconnection or interpretation. Most individuals can only maintain this state for a brief period, but the true challenge arises when these sensations and feelings trigger implicit or procedural memories – painful memories stored solely within your body and soul, without the actual memory itself. This is by design, and it often leads us to dissociate or check out.

But fear not, because we believe in nurturing emotional fitness, the key to your well-being. Emotional regulation is arguably the most valuable skill a person can acquire in their lifetime. It grants you the ability to navigate through a sea of emotions, sensations, both pleasant and unpleasant, with unwavering focus.

Join us for 2 days as we look deeper at the biopsychosocial components of healing to discover a more purpose-driven and powerful you.

The Advanced Weekend Retreat will be held:

January 20th – 21st, 2024

Saturday 10:00 am to 6:00 pm

Sunday 11:00 am to 6:00 pm

(Lunch is included)

Christ Congregational Church Kelsey Hall
14920 SW 67th Avenue
Palmetto Bay, FL 33158

Fee - \$600

(Limited to 25 people)

To register, please call (305-667-8174 – MWF) or email (ehmiami@gmail.com) the EHI Office.



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Dr Paul J Canali



Dr Paul Canali is a true pioneer in brain body medicine. He is considered to be one of the most experienced Physician Healers alive today. His discovery of the Homeostatic Healing Reflex and a Unified Theory of Healing Therapies has proven to be the most effective tool for healing toxic stress, trauma, and chronic pain.

Barbara Lempereur, BS, UTP:



Barbara Lempereur brings over 20 years of healing experience as a Reiki Master, Yuen Energetics practitioner, and Unified Therapy™ Instructor and Practitioner. She graduated Magna Cum Laude from Kaplan University with a Bachelor of Science degree in Psychology.

Barbara is passionate about helping people to heal holistically by identifying the mind-body connection. A devoted student of life, she is always learning new ways to heal, connect, and rebalance. Barbara's Unified Therapy™ practice is located in Beaufort, SC and she can be reached at blempereur@msn.com or 305-401-2914. <https://blempereur.com/>

Ricardo Villalba, LAc, Diplomate of Oriental Medicine:



Ricardo Villalba, LAc, Diplomate of Oriental Medicine, is a specialist in chronic pain, fatigue, mood disorders, and digestive health using Acupuncture, Herbal Medicine, Therapeutic Nutrition, and Unified Therapy™. He is an instructor at Dr Paul's Unified Therapy™ Healing Workshops.

Ricardo's mission and purpose is to utilize Unified Therapy™ Principles and bring not only relief but the truth to what is behind his patients' encounters with chronic pain, fatigue, digestive distress, mood disorders, arthritis, fibromyalgia, migraine, irritable bowel syndrome, headaches/facial pain, stress, anxiety, insomnia, pain due to injury, neuralgia, and neuropathy.

“ Working with somatic bio-electrical impulses is essential for human beings to be able to heal both physically and emotionally and to break the cycle of intergenerational suffering. ”

Dr. Paul Canali

- 1. Somatic Awareness:** Gain a deep understanding of how your body processes sensations, feelings, and information through bioelectrical impulses.
- 2. Mindful Presence:** Develop the ability to be fully present and conscious of your body's sensations without the interference of interpretation or dissociation.
- 3. Emotional Fitness:** Discover the importance of emotional fitness and learn how to regulate your emotions effectively, enabling you to navigate both pleasant and unpleasant feelings with resilience.
- 4. Implicit Memory Exploration:** Explore the intriguing world of implicit or trauma memories stored within your body and soul, understanding how they impact your emotional well-being.
- 5. Scientific Insights:** Gain neuroscientific insights, as we delve into the relationship between emotions, neural connections, and bodily states, empowering you with a holistic understanding of your emotional experiences.