

# Joya

## Joya's Workshops

Twice a month there will be workshops on health and wellbeing related subjects, run by either Paulina herself or by invited trainers. Once a month there are workshops on health and wellbeing related subjects, either run by Paulina herself or by invited trainers.

Cost: \$ 75.00 per person

Time: 10.00 am to 3.30 pm

Booking ahead is essential. Drinks, soup & salads will be provided although you are welcome to bring something for a shared lunch.

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### Sunday 15th of November: Balancing the Body

"The vital force is not enclosed in man, but radiates in and around him like a luminous sphere." Paracelsus

Vitality, sparkle, zest - this vision of 'get up and go' is what most of us think of as energy, and it is. And as the old Greeks already knew this energy does not stop at your skin. There are many simple, yet powerful techniques that we can safely use to enhance our vitality, things we can learn and introduce into our lives as a daily routine. Radical change in the provisions our healthcare systems are long overdue, but so is the way we generally think and take care of ourselves. Being able to relieve our own aches and pains enables us to take responsibility for our own health and empower ourselves. During this workshop you will be able to learn the principles of muscle testing to detect allergies and food sensitivities, and learn how to detect and restore energy imbalances and deficiencies.

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### Sunday 14th of December: Balancing the Mind

"Things are neither good or bad but thinking makes them so." Hamlet

The conflicts we generally experience in life are frequently related to our effort of trying to 'force' change, change of our surroundings or change of ourselves. And the latter seems to often be the most difficult one to achieve. Why is that? Because most of those behaviours and thought patterns we would like to change have been programmed into our 'harddrive'/our subconscious long ago. They are difficult to access and 'delete' through sheer willpower and intent. The prenatal and the neonatal brain operates mainly in low level brainwave patterns which can be compared to a hypnotic state. While in this state the child learns to adapt to its surroundings by subconsciously picking up all sorts of clues in the behaviour of the people it is surrounded by. It does not only copy and mirror that behaviour but also takes on board beliefs relating to him/herself. Even self-sabotaging and limiting behaviour that we would never consciously choose can thus become imbedded in our personality. During this workshop we will look at the implications of this phenomenon for which there are only a few ways out: one is becoming more conscious, so that we rely less on the 'automated pilot and secondly we can learn to apply some newly developed methods to 'dehypnotise' ourselves.

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### Sunday 18th of January: Balancing the Breath

Although largely automatic and usually involuntary, the act of breathing is controlled by centres in the brain, groups of scattered nerve cells that function as a unit to regulate respiration rate, depth and rhythm. The ancient practitioners of yoga were probably the first to discover the close relationship between breathing and mental states. In fact this mind-breath

connection is as a kite: the feelings and emotions are the kite and the breath is the string that controls the kite. During this workshop we will be using our breath and voice in structured exercises in order to access and overcome the inner restrictions to stifled feelings. You will notice that it is often not even the feelings themselves that bother us. It is the resistance against them. Once we can let go of this rigidity and tension, we can 'lighten up' and use our breath and our voice again in an honest and responsible way, for us and others to enjoy.

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### Sunday 22nd of February: What 'the bleep' can we do?

There is a new perspective on human biology emerging, one that incorporates the role of an innate intelligence. This new perspective reveals why people can have spontaneous remissions or recover from injuries that 'normally' would not have been possible. Though every cell can survive on its own when removed from the body, while still in the body it will become a member of a multi-cellular cooperative committed to supporting a shared 'vision', the subconscious intents of the mind. In a stressful situation the cells forego the normal functions of growth and maintenance and divert to defensive and protective systems. Prolonged stress is so debilitating because it undermines and interferes with what is right for us, it prevents our growth and may make us ill. In contrast to our 'thinking self' the subconscious mind is a million times more powerful which means that in order to really get rid of dysfunctional thought patterns and behaviours it would take a huge effort to keep the tabs on. There is no way around that unless we learn to actively engage in creating a new 'vision' about who we are. This workshop is an attempt to do just that.

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### Sunday 18th of March: Inward Bound

This will be a workshop without much talk but rather an experiential get-together focused on enhancing our perception through the senses. Following the ontogenetic evolution of man from our sense of motion to our so-called sixth sense we will become inward bound explorers. Listening sessions with Tomatis based music and sound, and psycho-acoustic brainwave-technologies will set the tone and enable you to 'dive' from a high alpha brainwave pattern, down through a theta and into a deep delta brain wave pattern (for explanation see below). There are thousands of possible experiences. Most are pleasurable, also due to the endorphin production associated with those brainwaves. Endorphins, our natural opiates, have a powerful strengthening effect on memory and problem solving. It is like an in-built rewarding system: the places that produce most endorphin receptors are the same areas most intimately involved with learning new behaviour and counteracting the more well-known flight and fight response. Even in the breaks for lunch and tea there will be little talking. Instead participants are asked to draw/paint or write their impressions. (NB: Sometimes, while doing the Listening, people can get a bit cold, so bring an extra blanket, just to be safe.)

### Some Extra Information on Brain Waves:

Human biology is so dependent on new learning / new perceptions that it is not surprising evolution has provided us with encouraging mechanisms. In addition to an increase in endorphins, DHEA, and melatonin, slowing the brain wave patterns stimulates electrical pulses in the brain, changing its neural structure and pushing the brain to reorganize itself at a higher, more complex level of functioning. Herein lies the theoretical explanation for the changes that researchers have reported in subjects using sound technologies to entrain brain waves. Nobel prize winner Ilya Prigogine predicted this phenomenon already in 1977 in his theories on 'the reorganisation of open systems'.

It has been shown that induced brain wave states can dramatically improve mental and emotional health. Of course these effects do not come overnight, or by doing one workshop, but they certainly are part of the future, and quite likely a much more attractive alternative to taking pills.

### Four Categories of Brain Wave Patterns

#### BETA (14-100 Hz)

Concentration, alertness, cognition.

Higher levels associated with anxiety, feelings of separation, fight or flight.

#### ALPHA (8-13.9 Hz)

Relaxed focus, light trance, increased serotonin production.

Pre- sleep or pre-awakening drowsiness, beginning of access to unconscious mind.

#### THETA (4-7.9 Hz)

REM sleep, increased production of catecholamines/endorphins (vital for learning and memory ) increased creativity. Integrative, emotional experiences, potential change in behaviour, increased retention of learned material. Trance, deep meditation, access to the unconscious mind.

#### DELTA (1-3.9 Hz)

Dreamless sleep. Deep trance-like state, loss of body awareness.

Access to unconscious and collective unconscious, pushes the brain to a higher, more complex form of functioning.

Cost: \$ 50 per person

Time: 10.00 am to 4.30 pm

Booking ahead is essential. Drinks and soup & salad will be provided although you are welcome to bring something nice to share for lunch.