

# Dr. Eva Reich's Gentle Bio-Energetics Training

## HEALING TRAUMA, MELTING ARMOR AND RESTORING VITALITY

17-24 February 2019 (8 day course), Mount Mellum, Sunshine Coast

**COST: \$3,000 Early Bird until 15th December, after \$3,400 (all meals and accommodation included)**

**TRAINER: Richard C. Overly (USA)**

**Gentle Bio-Energetics** was developed by Dr Eva Reich, from her experiences assisting her father, **Wilhelm Reich**. Wilhelm Reich, observed fundamental life energy which he termed Orgone. He discovered that trauma causes armor (armour) and that releasing armor can facilitate the free flow of vital force through the body.

Eva Reich furthered her father's work and developed Gentle Bio-Energetics which integrates a vast number of tools for healing and growth.

### WHAT IS GENTLE BIO-ENERGETICS?

Gentle Bio-Energetics is a healing process, based on the principles of energy flow which involves:

- becoming aware of and understanding armor,
- gently melting armor,
- healing the underlying trauma, and
- **restoring our natural energetic flow to regain vitality, the ability to love and fully experience all of life.**

### WHERE DOES ARMOR COME FROM?

- Anaesthesia
- Accidents
- Injuries
- Stress
- Surgery
- Addiction
- Illness
- Abuse
- Problems at conception
- Parent's emotional experiences during pregnancy
- Difficult birth
- C-section
- Circumcision
- Grief

Trauma is unique to each person. Armor is our protective mechanism and a result of experiencing trauma.

### HOW DOES GENTLE BIO-ENERGETICS APPROACH ARMOR?

Eva incorporated more than 30 tools to assist others understand how they block their energy flow and how to restore its flow through gentle melting of the armor.



### HOW DO I KNOW IF I HAVE ARMOR?

Trauma prevents the flow of vital life energy throughout a body. Armor may present as:

- Inability to express feelings/emotions
- Tight muscles or restricted breathing
- Gastrointestinal disorders including IBS and Crohn's disease
- Feeling of being disconnected to part or of all of your body
- Repetitive life patterns
- Absence of vitality and/or energy
- Reduced immunity
- Psychosomatic symptoms
- PTSD
- Inability to reach or feel orgasm
- Feeling sad or depressed for no apparent reason
- Little or no childhood memory recollection
- Hyperactivity

### WHAT IS COVERED BY THIS GENTLE BIO-ENERGETICS TRAINING?

We will combine theory and practice through experiential learning. You will learn tools and techniques you can use immediately within your profession and/or practice with family and friends.

### WHO WOULD BENEFIT?

We all carry armor, therefore this program is open to anyone interested in learning Eva Reich's work for both personal and professional healing applications.

Gentle Bio-Energetics may be used as a stand alone modality in and of itself, or in conjunction with any other healing modality.

Professionals including: medical and mental health practitioners, midwives, doulas, therapists, teachers, counsellors, massage therapists, yoga instructors, parents and those interested in their own personal growth.

**Richard Overly** has practiced Gentle Bio-Energetics since 1985 and is the author of training materials in consultation with Eva Reich. He shares Eva's vision of making Gentle Bio-Energetics available to many more people worldwide.

For more information about the method contact **Sylwia Moore**

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 Gentle Bio-Energetics Australia [www.gentlebio-energetics.com](http://www.gentlebio-energetics.com)