



LIBERATING PAINTING - THERAPEUTIC WORKSHOP v/DEREK SEAGRIEF

This workshop is designed for everyone - yes, *everyone*, for all that is required is a willingness to work deep and remain honest with oneself, staying open to share this within an evolving group process.

You are *not* learning how to paint - but how to *liberate* your self-expression through *action!* Are you ready?

Be prepared for powerful self-revelation, as the paintings are used as a "magic mirror" that can be used to interpret our inner & outer states. We work upon full body size paper, using our hands with water-based paints. You will be surprised at the effectiveness of the simple techniques, as you enjoy an inspiring workshop dedicated to your self-empowerment. We are a small group with quality time for each individual process, set within an unfolding group alchemy. Come and have some fun as you move through a whole spectrum of emotions and will be deeply moved by what you experience.

Derek has been offering "LIBERATING PAINTING" WORKSHOPS throughout Norway, Sweden & Denmark the past 12 years - and if you ask any of the previous participants, "*How was it?*" - their face opens and smiles, then their first response is to say: "WOW!"

Do you want to experience "WOW?!" - Then join us for some powerful healing work this Autumn! Book today because we have limitations of space (max. 10), & secure your participation by sending 700Skr. deposit to Caroline or Derek via Paypal.

"Jeg har vært på veldig mange alternative kurs/workshops av ulike slag. "LIBERATING PAINTING" kurs med Derek - er et av mine desidert favoritt-kurs. Tror det minst var tredje gang weekend-kurs for meg nå....Det er alltid veldig spennende og det skjer mye lærerikt og er mange aha-opplevelser. Opplever at dette kurset med Derek's hjelp går dypt og "to the point". Han ser det som er vesentlige tema hos alle og pakker ikke inn ting, men er spesielt dyktig til å se og pointere hva som er det interessante hos hver enkelt og hva man kan jobbe videre med.

Derek ser sammenhenger og skjulte skatter dukker op....Vi lærer av hverandre i gruppen. Det blir alltid en god gruppe-tilhørighet og god stemning på alle de kursene jeg har gått. Og...jeg føler meg mer og mer liberating....herlig å få male ut i store bilder etter musikk....og lære/forstå/erfare så mye i etterkant av alt bildene våre faktisk inneholder....utrolig! Anbefales!! Prøv selv!"

Lillian Hoestaker - Son, Norge

"Jag gick "Liberating Painting" i Stockholm i vintras och jag tycker det var en helt fantastisk workshop. Jeg har aldrig varit med om något liknande. Dels var det underbart att få måla på det viset vi gjorde och sen var Dereks sät att jobba med oss helt unikt. Med utgångspunkt av våra målningar konfronterade han oss och hjälpte han oss att lära känna oss själva. Det var utmanande och spännande, och Derek mötte oss med otroligt mycket humor, värme och kärlek."

Magdalena Bryneson - Therapist, Stockholm

"Thank you so very much for fantastic days together - it has been life-changing days for me and is still very much working in me. My biting jaws have come loose after the workshop. I can say things with a smile. Habits are to be broken!"

Bodil Lindström - Stockholm

Extract from journalist David Finer's Workshop Diary - "LIBERATING PAINTING", Stockholm, February 2011:

"Or....M's gloriously decorative canvas of circles. Our coach Derek saw the ends of papyrus rolls, where I simply saw decorative round forms. Derek then said to M - You love learning don't you? To which she nodded, and this led to an exploration of her somewhat obsessive, restless search for knowledge. How had he known to say that about her? After all, he had never met her before and knew nothing about her. This happened time and time again during the workshop - but the most remarkable therapeutic intervention was yet to come.

All the circles were closed except one. Derek asked M how old she was and if she had any children - yes, a son only 18 months old. Then he asked which part of her picture was her favourite. Dropping to her knees, she nodded, towards the bottom right hand corner, now only inches from her face. There was an open circle I hadn't seen before, in contrast to the darker shapes in the rest of the picture, this one was filled with the light blue and pink colours of a summer dawn. Leaving the circle open, she had apparently provided Derek with a vital clue to her biography. Indeed the open circle symbolized M's little boy - He saved my life, she said, quietly, tears streaming down her cheeks. Before then my life was routinized, dead, going round in circles, repetitive, dull - dead. She had given herself the answer by leaving a door open in the picture through which she could escape out into life, vibrant, unpredictable, vulnerable, precious. We all sat silent, moved by the magic of the moment of unfolding meaning, an inner sanctum shared. There would be many more such that weekend...."

Practical Info:

Start: Lördag 15 oktober 2011 kl 9.30 - 17.30 & Söndag 16 okt kl 9.30 - 17.00.

Please Note we start kl 9.30 Saturday - so arrange your journey to guarantee you are on time and before 9.30 - thank you!

- Husk: bring a simple lunch, refreshments tea/coffee & fruit will be available. Due to the group's process we advise reducing contact with the outer world of restaurants during our 45-minute lunch break.

Sted: MALMÖ - Terapi-och Friskvårdscentrum, Spångatan 20A, 3:e våningen.

I porten ring på: "Aletha"

Contact: Caroline Lindow tel. 0739-261560 email: caroline@aromagarden.se

Pris: 1900 SEK. (includes all materials/paper & paint, plus refreshments etc.)

Latest date for registration: 15 September - i.e. one month before workshop.

To register your participation - deposit 700 SEK payable to Caroline or via Paypal to Derek. Send email to Derek - and you will be sent a Paypal Money Request (secure system) that can be paid via your credit card.

Balance of 1200 SEK payable Saturday morning before start of workshop - tak!

We are 8-10 participants, so if you know you are interested, don't delay, act today and secure your **LIBERATING PAINTING WORKSHOP!**

Contact: Caroline - email: caroline@aromagarden.se Mobile: 0739-261560
or Derek in Denmark - email: derek@seagrief.com Mobile: +45 23 81 76 18

Welcome to a powerful Healing Weekend in Malmö 15-16 oktober 2011!

