



# The Psychology of Spirituality

## Becoming an Integrally Informed Therapist

### Bali 2-7<sup>th</sup> September 2017

## Timetable

with facilitators

Nic Morrey, Claire Dunn, Ketut Arsana & Lisa Hare

#### Saturday 2<sup>nd</sup>

<b>1pm-5pm</b>	Intro session & Overview <ul style="list-style-type: none"> <li>• Defining spirituality as a line of intelligence</li> <li>• Bringing the contemplative traditions forward</li> <li>• The Integrally informed therapeutic approach</li> <li>• Understanding the structure of the psyche</li> </ul>	With Nic & Claire
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#### Sunday 3<sup>rd</sup>

<b>7am – 8am</b>	Vinyasa Flow Yoga (for beginners)	With Claire
<b>8am – 9:30am</b>	Breakfast	
<b>9:30am-1:30pm</b>	Spiritual Bypassing, Trauma and Spirituality	With Nic
<b>6pm-8pm</b>	Group Dinner	

#### Monday 4<sup>th</sup>

<b>9am - 10am</b>	Breakfast	
<b>10am - 12pm</b>	Somatic and Dance Therapy	With Claire
<b>12pm – 3pm</b>	Lunch and break	
<b>3pm - 6pm</b>	Relationship as a Spiritual Path	With Nic

#### Tuesday 5<sup>th</sup>

<b>7am – 8am</b>	Kundalini Yoga (for beginners)	With Ketut
<b>8am – 9am</b>	Healing in Bali	With Ketut
<b>9am -10am</b>	Breakfast	
<b>10am-1:30pm</b>	Ecotherapy	With Claire
<b>1:30-4:30pm</b>	Lunch and break	
<b>4:30pm-6pm</b>	Sufism as a Path to Healing	With special guest Lisa Hare

#### Wednesday 6<sup>th</sup>

<b>7am – 8am</b>	Vinyasa Flow Yoga & Mindfulness	With Claire
<b>8am – 9:30pm</b>	Breakfast	
<b>9:30am-1:30pm</b>	Working with Dreams-Individual and Group work	With Nic and Claire
<b>6pm-9pm</b>	Pyramids of Chi Full Moon Sound Healing Session	Off site

#### Thursday 7<sup>th</sup>

<b>7am – 8am</b>	Zazen, Pranayama, Kinhin and Heart Rhythm Meditation	With Nic
<b>10am-12pm</b>	Bringing it all together	With Nic
<b>12pm-5pm</b>	Lunch & break	
<b>5pm-9pm</b>	Group Dinner and Balinese Kecak dance	

