

## 26th and 27th June – Weekend Course

### **The Form – Reality Practice™**

with Accredited Teacher of The Form Todd Lochhead/Lisa Anslow

The Form – Reality Practice™ is a conscious movement practice and a practical tool that nurtures and supports growth as a new way of being and moving that is alignment with your authentic nature. The sequence of movements that comprise The Form – Reality Practice are a natural flow of Being in manifest form.

#### **Why Learn The Form?**

In learning this series of movements in Parts 1 and 2 you will receive a thorough understanding of how this practice touches open the deepest places within yourself beyond conditional movement. Through the practice of the movements old habits and patterns can be clearly seen and new potentials can arise that you can bring directly into your life as the new you.



In this course you will receive:

- Practice being fully present in the body and feeling its sensation in stillness and movement.
- Learn the conscious movements of The Form Part 1 & 2
- Practice the movements with another and ones' own.
- Share and engage with others on what is being discovered in the movements of The Form. What it reveals and how it is relevant to your daily life.
- Understanding the subtleties of attention and the power of intention.

You will come away from this course with the ability to practice The Form Part 1 & 2 either on your own or with another and the understanding of its relevance to your daily life.

#### **Already learnt The Form?**

Come along and embrace this as an opportunity to deepen in its practice by sharing with others, redefining yourself and your understanding of The Form and be at the edge of birthing the new, unfolding a new way of Being.

Every course is unique and there is never a repeated experience with The Form.

**“One learns not by words, but by doing. The head wants theory, but the heart wants experience... This is a new instrument, with a new language. For me The Form is an instrument to go from the ‘I’ to the ‘we’”**

**Course Participant, Netherlands**



### **Benefits of The Form are:**

- Deepening clarity
- Opens the heart, clears and stills the mind
- Unlocks new unlimited potential
- Releases old patterns and conditional movement.
- Refines what you do - how you move, speak and act, what you create and where you create from.
- Empowers the individual in conscious awareness and a new way of being.
- Abundant creativity and emerging new skills and gifts open.
- Enhances co creativity
- Promotes deeper listening and clearer communication
- It links the formless and the form so that emerging new solutions are brought into conscious action with purposeful direction.
- The practice itself becomes the teacher; and an empowered conscious individual that grows

**Come and join in this weekend of Self Discovery.**

**Time: 10.00am to 5.00pm each day**

**Cost: 150 euro PRE BOOKING ESSENTIAL**

**Email: [lisa@sheamsterdam.org](mailto:lisa@sheamsterdam.org)**

