

# Bioenergetics - The Journey

## Course Curriculum

This 52 week online course includes the following:

### **Foundational Exercises:**

- Bow & Arch
- Shoulder openers
- Lower Leg openers
- Pelvic Floor openers
- Belly Activation exercises
- Sexual Vitality exercises
- Jaw Release exercises
- Psoas Release exercises
- Eye Tension Release exercises

### **Additional Exercises:**

- Lean-Over Back Release exercise
- Leg Release exercises
- Increasing Somatic Awareness exercises
- Breathwork exercises
- Back release exercises
- Hold Better Boundaries exercises
- Neck Release exercises
- Primal Activation exercises
- Heart opening exercises
- Mental Freedom exercises

### **Reichian Character Structure**

- 3-5 weeks on each of the 5 character structures - Schizoid, Oral, Enduring, Rigid & Aggressive

### **Bioenergetic Interval Training**

- many different rapid workouts you can use to quickly shift your state

### **Grounding the Body**

- 6 weeks of intense workouts to open the circuit from your belly to the soles of your feet and leave you deeply grounded

**Theory Modules include:**

- Understanding Repression
- How Bioenergetics Works
- History of Bioenergetics
- Understanding Resistance
- The Path of Awareness
- Understanding Depression
- Understanding Anxiety
- Reichian Characterology
- Understanding Under-Achievement & Self-Esteem
- Clinical Concerns & Issues