

## **Our Journey Here Schedule**

*Each seminar meets Sunday – Tuesday, 9:45 a.m. – 6:15 p.m. with a 2-hour lunch break approximately 1 – 3 p.m. and shorter breaks as needed.*

*Each seminar includes presentations on the themes covered with experiential explorations. You will work within a triad in Zoom break out rooms supervised by Cherionna or one of the assistants to explore your relationship and experience of relevant aspects of your own history. There will also be guided movement explorations informed by somatic practices such as Continuum and BMC (BodyMind Centering), as well as other creative processing through artwork and journaling.*

*You will be encouraged to engage in your own creative process both during and between classes, culminating in a final essay, which may include your artwork, journal entries etc. if you so choose.*

*The following schedule is subject to change as needed.*

### **Seminar 1: Journey to the Womb 1: Pre-Conception Journey**

Establishing the field: introductions, intentions, introduction to the Castellino principles  
Introduction to clarifying intention as initiating our journey here, Present-time heart-centred, embodied exploration, Introduction to pre- and perinatal trauma, healing and potential with essential trauma skills; Pre-conception: sperm and egg journey presentation and exploration

### **Seminar 2: Journey to the Womb: Conception and Implantation Journey**

Further arriving into our field, Conception and implantation journey presentation and exploration, introduction to double bind concept, differentiation, preverbal memory, learning and intelligence

### **Seminar 3: Life in the Womb: Implantation and Umbilical Affect**

Establishing layers of support, effects of stress and support for mother and baby, communicating with baby, Implantation and umbilical affect presentation and explorations

### **Seminar 4: Life in the Womb: Discovery and Prenatal Bonding**

Introduction to twin dynamics, haunted womb, reviewing double bind dynamics; Discovery and prenatal bonding presentation and explorations

### **Seminar 5: Passing Through the Portal - Birth**

The blue print – “normal” natural birth, Common challenges and medical interventions, presentations and explorations including creative opposition and birth forces

### **Seminar 6: Beyond the Portal – Birth, Bonding and Beyond**

Supporting bonding before, during and after birth: Birth language, somatic expressions, creative expressions – myth, art, dance, ritual – birth, initiation, death, presentations and explorations. Completion celebration!