

● **Anreise mit der Bahn**

Fahren Sie vom Starnberger Bahnhof, einem Flügelbahnhof des Münchener Hauptbahnhofs, in Richtung Garmisch bis Tutzing und von dort weiter mit der Regionalbahn Richtung Kochel bis nach Penzberg. Von dort geht es weiter mit dem Taxi. Wir empfehlen, das Taxi vorzubestellen unter den Rufnummern:

+49-8856-81844 oder +49-8856-2270

● **Anreise mit dem Auto**

Mit dem Auto fahren Sie auf der Autobahn München–Garmisch bis zur Ausfahrt Penzberg, dann rechts in Richtung Iffeldorf, nach etwa 120 m direkt nach dem Ortsschild Unteraurach (dort steht links ein Wegweiser Richtung ZIST) wieder nach rechts und auf dem Nantesbucher Weg durch Wiesen und Wälder und an Seen vorbei genau 3,7 km bis ZIST.



- **ZIST ist** ein Institut für persönliche und berufliche Fortbildung zur Entwicklung menschlicher Kompetenz durch Selbsterfahrung in Krisenhilfe, Wegbegleitung und Psychotherapie vor dem Hintergrund der Humanistischen Psychologie in herrlicher Alleinlage im bayerischen Voralpenland und Heimat der *ZIST Akademie für Psychotherapie*.

Das Programmangebot von ZIST umfasst

- Workshops zur Selbsterfahrung in den Bereichen Persönliches Wachstum, Beziehungen, Gesundheit, Kreativität und Spiritualität.
- Workshops zur Fortbildung und
- längere Fort-, Weiter- und Ausbildungen in tiefenpsychologisch fundierten, potentialorientierten und Spiritualität integrierenden Verfahren.
- Ausbildung zu Psychologischen Psychotherapeutinnen/Psychotherapeuten an der staatlich anerkannten *ZIST Akademie für Psychotherapie*.



ZIST gemeinnützige GmbH

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 Mo. – Fr. 9.00 – 13.00 Uhr
 und 14.00 – 15.30 Uhr

new Byron Brown

THE BODY OF PLEASURE: WHAT IT MEANS TO FULLY ENJOY YOUR LIFE – ONLINE



Course language English

SELBSTERFAHRUNG
 SPIRITUALITÄT – DIAMOND APPROACH

THE BODY OF PLEASURE

● DATE & PRICE

April 5 – 10, 2022

German course times

Tuesday:

7.30 p.m. – 10 p.m.

Wednesday – Saturday:

3 p.m. – 6 p.m. and

7.30 p.m. – 10 p.m.

Sunday: 3 p.m. – 6 p.m.

Fee 595 €

Registration: ZIST

Penzberg No. 220421

● Hinweis

Wir machen Sie darauf aufmerksam, dass eine finanzielle Unterstützung für Workshops zur Selbsterfahrung durch den ZIST Förderverein e. V. möglich ist. Bitte wenden Sie sich im Bedarfsfall an Heike Brandt-Frederiks im ZIST Büro.

● DESCRIPTION

Pleasure is a fundamental motivator in human life – the carrot held out in front of us. We are drawn to things that make us feel good. Pleasure is enticing, stimulating, enjoyable and even addictive. Who doesn't want to partake in the pleasures of life? We tend to see it as something that makes life bearable, providing a reward for hard work completed, discipline maintained or a goal achieved. And we all have our guilty pleasures – those things that seem to be indulgences, distractions or secret delights.

On the other hand, pleasure is fleeting and sensational, often feeling less important than the serious things in life. After all attending to our family, our work, our bodies, our relationships and even our spiritual journey are hardly guaranteed to be pleasurable. Thus many of us put off or even forgo pleasure in favor of achievement, money, love, friendship, authenticity or inner realization.

But what is pleasure? What is its true role in life? Is it just the result of things we have or do – food, entertainment, sex, drugs, fantasy, games, companionship, travel, clothes, music? Or is it something in our nature that is awakened through these things? Is it necessary for human life or is it just satisfying a selfish or instinctual drive, best left for vacations and celebrations? And how does pleasure relate to spirituality and being?

In this workshop we will explore the nature of pleasure itself – the inner experience of enjoyment whatever the external context. We will access it through our physical body and its sensations and qualities. This immediate contact with pleasure opens us to discover its spiritual reality – what I call *The Body of Pleasure*.

Among the topics we will investigate:

- Judgments about pleasure
- Barriers to allowing and feeling pleasure
- Pleasure without an object
- The true source of pleasure
- The experience of being enjoyed

The workshop will include meditation, talks, movement, inquiries and group discussion. The work is based on the Diamond Approach teaching but all are welcome regardless of whether you have any experience with the DA.

Technical requirements

The online workshop will take place via the Zoom platform. When setting up the meetings, we pay attention to relevant data protection settings. All you need to take part is a PC, notebook or tablet and a stable internet connection. Technology newbies will receive detailed instructions from us and the opportunity to have a test meeting one day before the start of the workshop.

● BIOGRAPHY



Byron Brown is deeply committed to supporting the presence of Beingness in human consciousness. To that end, he has been guiding individuals, leading groups and training new teachers for more than twenty years as part of his work as a senior teacher in the Diamond Approach, a spiritual path to inner realization. He brings a background in dance, movement and performance to his spiritual teaching and the combination of the two informs his public workshops. Byron is also the author of *Soul without Shame, A Guide to Liberating Yourself from the Judge Within*, published in 1999 by Shambhala Publications.

www.ridhwan.org