

A Matter of **Life** and Death.

with Lynn Somerfield
3 & 4 June 2023

*I learned that
every mortal will
taste death. But
only some will
taste life. (Rumi)*



Let's talk about about living, loving, losing and dying. So far, so miserable, right? Wrong. We live in a death-phobic culture and our beliefs about death and dying affect how we live. To fear death is to fear life. To embrace our lives fully we must come to terms with loving, loss of all types including bereavement. And we must of course include our own ending. And ideally, not leave contemplation of this until it's too late. So this is a workshop designed to open up a conversation about what is, arguably, the most taboo topic of all - death.

Through experiential and creative exercises we will explore this issue. We'll begin by examining the losses we've incurred thus far - family members, significant others, friends and our animal companions. We'll look at other losses too - of youth and vigour, chronic health issues, separation and divorce and so much more.

Using myths and creative exercises, sharing in small groups, we'll be drawing upon the works of some of the great teachers - the Dalai Lama, Stephen Levine, Clarissa Pinkola Estes, Rumi and others.

And for those of us who work as therapists we'll be asking - how can we help others in their suffering? And how can we help others if we have unfinished grief of our own?

Who's the Workshop For?

Anyone who's interested in the subject. In the wonderful, healing atmosphere of Violet Hill Studios in St. John's Wood you'll find a safe and guided space in which to explore this subject. And my hope is that you will leave more fluent in the language of loss and feeling more awakened to the experience of life lived as an opportunity than you perhaps did when you arrived.

Dates: 3 & 4 June 2023

Fee: £250

Location: Violet Hill Studios, London, NW8 9EB

To book: Visit my website and scroll down to the appropriate workshop. Or email me. *Hover your mobile phone camera over the QR code below to visit my website workshop page.*

Important: A fifty percent non-refundable deposit will secure your place. Places cancelled less than 7 days prior to workshop will be payable in full.

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About the workshop leader

I am UKCP accredited and have been in private practice as a psychotherapist and supervisor for 25 years and have facilitated regular workshops on a variety of topics throughout that time.

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