



contact Jacquie to register...



About Jacquie Cliff

Jacquie is a qualified Radix Body Centred Psychotherapist, Counsellor and Masseur.

She brings 13 years of experience in working with the body/mind interface to her work with people. Her broad knowledge base and experience enables her to have a deep understanding of the human body and its energetic processes.

Jacquie offers individual sessions, groups and workshops from her Adelaide Hills practice.

“Jacquie Cliff is an intuitive, knowledgeable, and compassionate therapist, who I have seen bring out the best in myself and others.”

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RADIX®

Body Centred Psychotherapy

Member ARBPA (Australian Radix Body Centred Psychotherapy Association). APBPA is a Member Association of PACFA (Psychotherapy and Counselling Federation of Australia)

Experience personal growth

workshops with Jacquie Cliff



Jacquie Cliff CRT, Dip.Couns
Counsellor and Body Psychotherapist

Grounding

Facing the reality of life and the ground that supports it!

Have you ever experienced the feeling of the rug being pulled out from under your feet or that you were not standing on a solid foundation?

Have you felt that the ground is shaky underfoot or that you could easily be toppled over?

Are you challenged to face and accept the reality of your life?

If so, this workshop could be for you!

In this one day workshop we will explore experientially our inner and outer grounding; how we are grounded within ourselves, within the world and with the reality of our lives.

Knowing our inner and outer ground is fundamental to being ourselves in the world in an alive, authentic and confident way.



One day workshops with Jacquie Cliff are held regularly at **Unfold Yoga**, Hack Street, Mt Barker, South Australia.

Boundaries

The skin between you and life; creating flexible boundaries!

Do you often feel thin skinned and overly emotional or perhaps impenetrable, like nothing or no one can be let in?

Or that you are overwhelmed or flooded with someone's energy, that someone is literally in your face?

Explore your personal experience through boundary awareness exercises and verbal discussion in a supportive small group workshop.

In this one day workshop we will explore experientially where our boundaries lie, energetically, physically and emotionally. Can we have and maintain a boundary, or is our boundary rigidly enforced? What needs to happen for us to allow a flexible boundary.

Healthy flexible boundaries help us participate and make our way through the world in a fulfilling, engaging way.

They indicate to us where we end and where another starts and allow us to gauge what is our stuff and what is not.

A delicious vegetarian lunch, morning and afternoon tea are included.

Centering

Knowing who you are and accepting it.

Do you ever:

- Dismiss how you are feeling or what you are thinking?
- Feel out of sorts with yourself like you are denying a part of yourself?
- Make how you are feeling or thinking wrong?

Explore your personal experience through 'centering' exercises, group interaction and verbal discussion in a supportive small group workshop.

In this one day workshop we will explore experientially our capacity to be centered, what hinders this capacity and what enhances it.

Often we can have a sense of self, we know how we feel and then we brush it off as unacceptable, not the way we should be, or feel. To be centered in oneself is to have self contact, know what we are feeling and thinking and fully accept this about ourselves.

Contact Jacquie for further information and to book your place.

