



Return to Our Own True Roots: Addiction Recovery and the Spiritual Quest

With
Tav Sparks

Saturday 18th July 2009
9.30am – 4.30pm

This is an experiential workshop aimed at bringing an alternative perspective to working with addiction recovery. Addictions work and recovery in general can be an exhausting and protracted process for both addict and therapist. In this workshop you will be taken through some creative ways to conceptualise addiction as well as how to use mindfulness, dance, movement, music and film, as tools in the movement toward recovery. This strategic approach to recovery is based on client focused principles, creativity and self-acceptance.



Tav Sparks teaches and lectures worldwide on the topics of transformation and recovery. He is in the process of opening an addictions treatment centre in North Carolina, U.S., based on the principles and practices covered in this workshop.

Tav is the author of *The Wide Open Door: The Twelve Steps, Spiritual Tradition and the New Psychology* and *Movie Yoga: How Every Film can Change Your Life* (June 2009).

For over 40 years Tav has led workshops and trainings, the last 10 as Director of Grof Transpersonal Training, an international training organisation providing professional development in Transpersonal Psychology throughout Europe, Australia and the Americas. Tav is based in San Francisco, California.

Workshop Details

When: Saturday 18th July, 2009, 9.30am – 4.30pm

Where: Awareness Institute
Suite 1/20 Clarke St, Crows Nest NSW 2065

Cost: \$200 (includes tea/coffee, morning tea, lunch and afternoon tea)

Note: Wear comfortable clothing

Bookings Essential: Numbers limited to 45 attendees

Note: This is an experiential workshop and participants will be asked to participate in several different activities including reflection, mindfulness and movement.

Although participation is not mandatory it will provide a much deeper comprehension of the perspectives being offered.

There are no prerequisites for this workshop, however an understanding of addiction and addictions work is beneficial.

To book, please contact:

Lila Pochueva (Sydney) on 0488 776851 or email: leelasmile@gmail.com

Vicky Nicholson (Hobart) on 0400 848970 or email: vicky.nicholson@education.tas.gov.au