

## Practical information

### Dates

25<sup>th</sup> May - 1<sup>st</sup> June 2024

21<sup>st</sup> - 28<sup>th</sup> September 2024

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24<sup>th</sup> - 31<sup>st</sup> May 2025

27<sup>th</sup> September - 4<sup>th</sup> October 2025

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### Working times

Sunday - Friday: 09.30 - 13.00, 16.30 - 19.30,

Two days only 09.30 - 13.00

### Fee

1199 € (2024), € 1249 (2025)

including 7 nights in a double room, breakfast and dinner every day

### Language

English, German, [participants need to be able to communicate in English]

### Location

Seminar Center - MetaCom [www.meta-com.de]

MetaCom is located between Paleochora and the peaceful village Anidri.

This workshop will be self- experiential,  
it is limited to a maximum of 12 participants.



Olaf Trapp  
Certified Bioenergetic Therapist (CBT)

Trained in 1994-98 by NIBA Germany, training Analyst since 2007, Massage therapist, TRE provider, member of the South German Institute for B.A. (SGfBA), EABP full member, influenced by the instroke work of Will Davis, more than 35 years bodywork experience, working in private practice with an emphasis on early disorders and psychosomatics.

Member of the International Institute for Bioenergetic Analysis (IIBA)



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## Rendezvous with yourself

6 days Bioenergetic Analysis  
Workshop in Crete, Greece

ANIDRI - CRETE

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## Rendezvous with yourself

On the body level we often find ourselves tensed in different kinds of body tissue, which can reflect a conflict between the desire for love and contact and the fear of letting love in.

This workshop will invite secret parts of the Self, which contains the beautiful essence of the person, to be touched again. As a second step this vulnerable parts need to be protected, to get positive feedback and encouragement, in order to take a more central role within our personality.

Relational Bioenergetic Bodywork within a group setting of safety will help us to bridge the sense of separation we feel within ourselves and between ourselves and others.



*To love a person means to see  
him as God intended him to be  
Fyodor M. Dostoyevsky*

