



Radix Experiential Workshop

August 30 - September 3, 2023
New Forest, England

Join us next summer for a residential experiential BodyPsychotherapy workshop.

Here is your chance to get an extended experience of a somatic approach to personal growth and healing, without the usual distractions of work, relationships and daily life issues. For four and a half days, you'll have opportunity to learn more about yourself in the context of having fun and engaging with others.

Learn more about Radix on our website radix.org

[REGISTER NOW](#)

The Structure of the Workshop

After checking in and having dinner on Wednesday, we will begin on Wednesday evening with orientation to the workshop, getting acquainted with workshop participants, and having an in-depth meeting with your dedicated Radix worker.

Thursday through Sunday, morning small group sessions and individual Radix sessions will be led by the Radix workers, who are currently in training to become Radix Practitioners.

Thursday through Sunday afternoon sessions will be experiential Radix in the large group setting, and will be led by an experienced, Certified Radix Practitioner.

What is Radix?

Radix is a powerful body-centered therapy that promotes change, growth and healing. The word Radix means "root" or "source" and here refers to the flow of the life force underlying our thoughts, feelings and movements, our mind and our consciousness or spirit.

Your personal workshop therapist will work with breath, movement, sound, touch, and vision to help restore the rhythmic flow of the life force throughout your being. The results? To feel more alive, to express yourself authentically, and connect more deeply with others.

Who Might Benefit from this Workshop?

An Experiential Radix Workshop is...

... a good introduction to our approach to personal growth if you haven't experienced Radix work before. This workshop welcomes people from diverse backgrounds.

... an excellent adjunct to regular individual work. Participating in an intensive workshop can deepen your personal work in a focused and supportive environment for your personal growth.

... a great opportunity if you are considering the Radix training program. You will not only experience individual and workshop formats of Radix work, but you will also meet Radix trainees and trainers, have opportunities to ask questions and learn more about the training program.

Experiential Group Facilitator

Judy Stein, MS, CRP, has been a Radix Practitioner in the US since 1995, working with individuals and groups. "I have been an intellectual geek with an odd sense of humor my whole life. I came to Radix work to get into my body, have my feelings, change some of my belief systems, and have new choices. Radix work did all that. I felt alive in new ways. And I knew that I wanted to share this work with others. I became a Certified Radix Practitioner in February 1995, and have been working passionately with individuals and groups since then."

On-Site Faculty

Narelle McKenzie, M.A.: Co-Founder, Director and Senior Trainer of the Australian Radix Training Centre and of The Radix Institute in North America.

Melissa Lindsay, PsyD, has been a Radix Practitioner since 1995, and a trainer with the USA Radix Institute since 2008.

REGISTRATION

Dates: Wednesday, August 30 at 6:00 pm to September 3 at 5:00 pm.

Registration fee:

- Early Registration: until May 15, 2023, £ 900
- Regular Registration: May 16 - August 10, 2023, £950

Fee includes room at Avon Tyrrell Youth Centre.

Spaces for this workshop are limited, so register early! [Email us](#) if you have any questions about the workshop.

[REGISTER NOW](#)

WORKSHOP LOCATION

Avon Tyrrell Activity Centre, New Forest, England



Avon Tyrrell Activity Centre is located in sixty-five acres of beautiful grounds in the New Forest National Park, located about 80 miles southwest of Heathrow airport. Its lakes are set amid a mixture of woodland and open spaces.

Our workshop space is Avon Lodge, which has open space for our workshop, a full kitchen, twin-bedded shared rooms, 2 toilets/shower rooms.

Meals are self-catered, so bring your food, and be prepared to collaborate in the week's meals if you would like to. If traveling locally, you may wish to bring your own twin-size bedding.

[Click here](#) for a map and directions

The Radix Institute

The Radix Institute offers professional trainings in modular format to enhance the work of those who are already in a helping profession, and also offers a certification program to those who wish to become Radix practitioners. Training workshops are offered by the faculty of The Radix Institute in the USA and Europe, and The Radix Training Centre in Australia.

[Visit our website](#)

Contact us: Information@radix.org Training@radix.org