



**SKAN ACADEMY**

**BREATHE-FEEL-CHOOSE**

**2 YEAR SKAN TRAINING**

**INTRODUCTORY WEEKEND**

## Introduction for a 2 year training

During the course of this workshop we will follow a fundamental principle of Reichian body-work:

In order to feel and release emotional trauma, we need to elevate our own life force via deep and rhythmic breathing. Werner and Lydia are deeply committed to providing a safe and respectful space. Based on decades of experience, we are able to spontaneously adapt and create exercises and interventions to best support your healing process.

This includes breathing rituals, streaming theater, scenic integration, movement exercises, dance and much more.



During this Workshop we will introduce elements of the 2 year training that will start in September 2023

- Group dynamic processes and exploring our own character patterns
- Body therapeutic individual sessions and an understanding of segmental armoring
- The importance of breathing for all living processes

## About Skan Reichian Bodywork

Skan Bodywork is directly rooted in the pioneering work of the Austrian physician and Psychoanalyst Wilhelm Reich. Wilhelm Reich has been the first to discover that Trauma is stored in the body. Skan is a most effective form of Reichian bodywork .

The artist Al Bauman, friend and student of Reich has uniquely preserved and further developed the original spirit, methodology and intuitive therapeutic process of Reichian bodywork, particularly introducing group-dynamic processes based on the Reichian release principals. Al's work has been passed on via Michael Smith, Loil Neidhoefer, Petra Matthes and others.

Our approach is non-mechanical and profoundly based on a relationship based on humanness and trust.

Skan Bodywork dares to address and explore the manifold structures and mechanisms of avoidance and armoring in the body and psyche. These are the areas where growth and healing can happen

## Background

We are all born with a natural emotional flexibility to support our connection with self and the world. If all goes well and we are humanly met in our physical, emotional and mental needs, we can develop into creative, relational, sensual and loving human beings, able to trust and express ourselves according to the rationale of the moment.

Throughout your life you might have experienced trauma in various forms. Even though you might not consciously remember, your body holds the memory. We cannot change past events but we do have the capability to heal and feel whole and alive again. You can find a voice beyond words. You can feel whole and alive. Skan aims to restore your natural state of being.

## About Skan Group Work

Skan groups and individual sessions complement each other. Group work offers first and foremost relationship work, the relationship to oneself and the relationship to the other. Deep connections require sincerity and truthfulness - we also name this "intimacy".

A stable and continuous group process reveals one's own relationship patterns, blockages become more conscious and thus can be transcended. New ways can be explored and reflected.

A Skan group workshop consists of different settings such as breathing rituals, movements, encounters, elements of theater work or scenic work.

## DATE

**MARCH 10 - MARCH 12**

- Friday 6 pm - 9 pm
- Saturday 10 am - 8 pm
- Sunday 10 am - 3pm

## FEE

- USD 490

## PLACE

Schurig Center 1132 Magnolia Avenue Larkspur, CA

## REGISTRATION

We kindly ask that the registration fee (USD 540) be paid by Februar 15, 2023 via PayPal: lydiaskan@gmail.com

## APPLICATION

Please send us a brief note, up to a paragraph (or longer if you desire) about your background and your interest in attending the workshop. Please feel free to contact us any time for further questions.

**Lydia Becker:**

Lydia has been a Skan - Reichian therapist and instructor for over 25 years. She studied Skan - Reichian Therapy in Germany. Lydia is a founding member of the Skan Academy. She has practiced in Germany, France and the United States and currently lives and works in Marin County. Lydia is a licensed German midwife. She has delivered more than 400 babies in a homebirth setting. Her knowledge of pregnancy, child-birth and pre and postnatal psychology deeply influences her work.  
contact: [www.skanacademy.com](http://www.skanacademy.com)

**Werner Sattlegger:**

Werner has worked in various management positions in European companies. Currently he does executive leadership trainings and founded "Art of Life" in order to enable mindset shifts within organizations. Werner has studied Skan - Reichian therapy in Germany, with a special focus on group dynamics and Gestalt therapy. He is a Skan therapist, co-author of the book *"When Longing Grows Beyond Fear"* and author of the book *"Art of Leadership"*.  
contact: [www.the-art-of-life.at](http://www.the-art-of-life.at)



# TESTIMONIALS

*"The weekend workshop with Lydia and Werner was a potent and transcendent experience for me. I had been to Skan group healing retreats previously, but never before had I attended a workshop led by both a woman and a man together...and not just any woman and man, but highly adept Skan therapists. Many of us have deep emotional wounds that formed in our childhoods, particularly with our primary caregivers, and I am no exception to this. Working with Lydia and Werner together was very healing for me as I was able to release deeply bound and difficult emotions related to childhood relational trauma. I honestly don't know how else this trauma gets transformed".* **(Paul Nicholas)**

*"Lydia and Werner work seamlessly in partnership to provide a playful yet deeply safe space for participants to feel held and simultaneously nudged to open up to possibility in their lives. I have attended many group work intensives, and Lydia and Werner is a cut above the rest. Expect to benefit from deep one-on-one attention, as well as grow through connecting with other people's lives and stories. The weekend was hard work, but exceptional in the insight and value it delivered. I came out of the workshop with more clarity as to who I am and feeling in touch with my aliveness. Thank you Lydia and Werner!"*  
**(Rebecca Martin)**

*"Working with Lydia and Werner was deeply moving and transformative for me. They created a space and sense of community together, a place where I felt supported and seen. They each bring unique strengths and abilities, and together they are full of compassion, care, and insight. They are a huge gift in my life. And I witnessed how much they impacted all the others in our workshop as well."* **(Alex Giardino)**

