

## Report on Study Group in Bavaria

By *Anneke Hopfner*

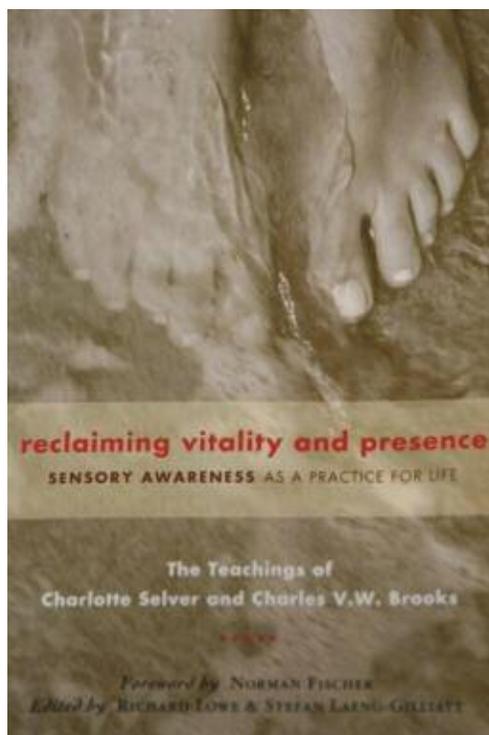
Seymour Carter and I thought it might be a good idea--maybe a bit risky to offer a 10 day Sensory Awareness workshop in Riedeerau, Ammersee in Germany. We did it and actually got some students interested.

We were able to work intensively with a small group of very motivated people with various professional backgrounds. The program provided that every morning was dedicated to Sensory Awareness experiments, the afternoons were focused on enlarging our knowledge of the functioning of our organism, our structure and posture. We called it a BodyReading class. On some evenings the students could take advantage of Seymour's Gestalt sessions.

At the end of the SummerGroup we had such good feedback about the class, we decided to plan another "Long Term" study group for June 3-13, 2010 with the following variation:

We will split the group into 2 periods, which can be booked separately or booked as a whole. The idea of a longer course is to give an opportunity for a deeper experience for those who are looking for this, and also offer a continuation of the study of Sensory Awareness for students wanting to take steps in the direction of becoming a leader of Sensory Awareness studies. The Details of this Study Group will be found on Seymour's website: [seymourcarter.com](http://seymourcarter.com).

**Please note:** We occasionally share our mailing list with Leaders Guild members who offer Sensory Awareness workshops, but with no other organizations or individuals. Please let us know if you do not want us to share your address at all.



### Reclaiming Vitality and Presence Sensory Awareness as a Practice for Life

*"This is a wonderful and welcome expansion of a true classic. It teaches us Charlotte's and Charles' remarkable way to be genuinely alive".* -- Jack Kornfield

*"This remarkable book is the most definitive account of the life-long work of Charlotte Selver. It speaks articulately of that which is hard to put into words."* -- Edward L. Deci

*Combining excerpts from Charlotte Selver's workshops with writings from Charles Brooks, no other publication so completely captures the essence of Sensory Awareness. Here's an invitation to wake up and experience life firsthand again, with the freshness and wonder we once had as children—to come back to our senses, and regain the richness of our own lived experience.*

**You can support our efforts to promote this book and further the practice of Sensory Awareness by asking your local book store and library to carry it.**

## SAF Publications

1) **A TASTE OF SENSORY AWARENESS**, by Charlotte Selver. An overview of the work, with an edited transcript of a session from the 1987 NY Open Center workshop. 38 pages.

5) **ELSA GINDLER, Vol. 1**. Memorial to the originator of the work we know as Sensory Awareness. Excerpts from Gindler's letters, an article by her, and reports from her students; including Ch. Selver. 44 pages, with photos (1978). \*

6) **ELSA GINDLER, Vol. 2**. Memories from Gindler students and an article about Heinrich Jacoby, innovative educator and colleague of Gindler. 44 pages, with photos. \*

8) **ELFRIEDE HENGSTENBERG**. This issue embraces her own studies with Gindler and Jacoby, her work with children, and biographical notes. She was closely involved with Emmi Pikler's discoveries. 46 pages, with photos.

9) **HEINRICH JACOBY**. The Work and influence of Gindler's longtime collaborator, summaries of his books, interviews with his students, including his editor and colleague Sophie Ludwig. 46 pages with photos.

10) **EMMI PIKLER**. Dr. Emmi Pikler, Hungarian pediatrician, whose revolutionary practice and philosophy about earliest childhood upbringing has been very influential in Europe. Contains extensive selections from Dr. Pikler's first book, *Peaceful Babies - Contented Mothers*, and a paper by Judith Falk, M.D., then director of the Emmi Pikler Methodological Institute for Residential Nurseries. 48 pages, with many photos of young children.

11) **CHARLOTTE SELVER, Vol. 1**. Sensory Awareness And Our Attitude Toward Life. Collected lectures and texts. Containing: Sensory Awareness and Our Attitude Toward Life; Sensory Awareness & Total Functioning; Report on Work in Sensory Awareness & Total Functioning; To See Without Eyes...; On Breathing; On Being in Touch With Oneself.