



SKILLS FOR CHANGE
BODYWORK
WORKSHOP
 with
Nancy Shanteau
 nancy@nancyshanteau.com

LOCATION:
 NEVADA CITY RETREATS
 LIMITED RETREAT HOUSING

PRICE:
 \$800 - \$1,200
 SLIDING SCALE

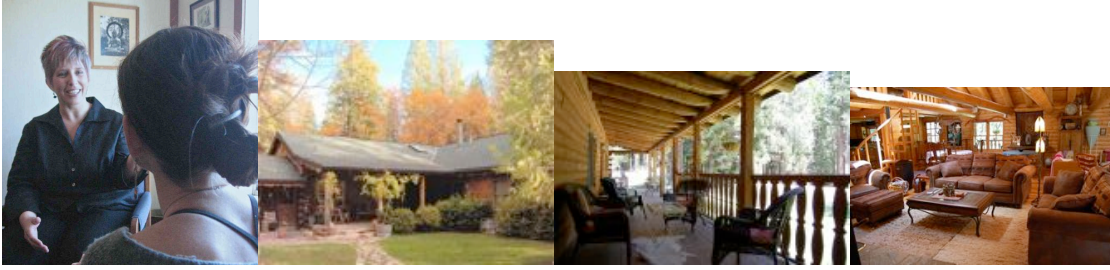
CONTACT:
 (530) 273-5170

May 4 - 8
2010
 9am - 5pm

 **NANCY SHANTEAU
 COACHING**

NANCY SHANTEAU
 Writing Coach
 Somatic Coach and Bodyworker
 Skills for Change Coach
 PO Box 2563
 Grass Valley, CA 95945

tel: 530-273-5170
 cell: 530-205-8440
 email: nancy@nancyshanteau.com



Release and Transform Your Internalized Oppression

Especially as we're growing up, we internalize beliefs and messages from the culture and the thousands of daily transactions that take place in schools, family, work, friendships, organizations, and community.

As young people, we strive to be accepted, safe, and to find places and people with whom we belong. We shape ourselves to fit in -- and often, once we have arrived in adulthood, these shapes, beliefs, and messages remain. Some of these beliefs, messages and shapes support us, and some limit us. In Skills for Change Coaching, we call limiting patterns the "pig."

The Skills for Change Bodywork Workshop

In this five-day workshop, you'll learn to identify and unwind the internalized oppression, shame or "pig" messages that shape your body around stories of "I can't," "I'm confused," or "I'm not enough."

In this workshop, we will:

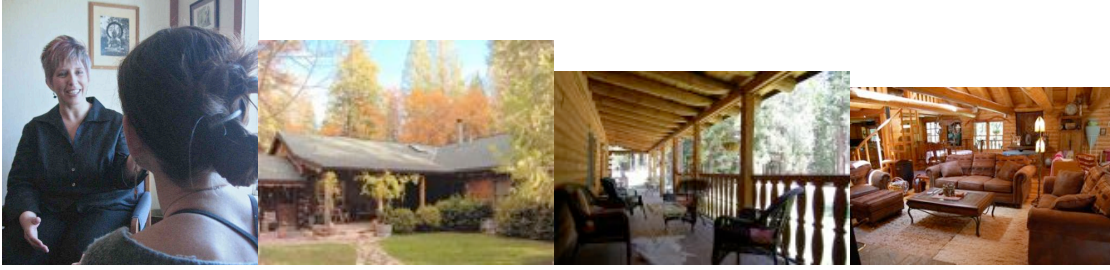
- identify and reveal patterns of unconscious holding
- learn to normalize, feel, discern, soothe and fight the pig
- practice bodywork techniques to release pig from the body
- support others as they fight their pig
- learn the seven pig messages and how they are stored in your body
- increase our resilience, choice and freedom from "I can't," "I'm confused," and "I'm not enough."

We'll engage a combination of standing practices, reflection, conversation, and laying down bodywork to open and release historic patterns that limit your expression and possibility. This workshop is open to individuals, coaches and bodywork practitioners who want to understand and fight their own pig and/or the pig in others.

NANCY SHANTEAU

Writing Coach
Somatic Coach and Bodyworker
Skills for Change Coach
PO Box 2563
Grass Valley, CA 95945

tel: 530-273-5170
cell: 530-205-8440
email: nancy@nancyshanteau.com



What is Skills for Change Coaching?

Based on the theoretical concepts of Radical Therapy, the embodied practices of Skills for Change Coaching help to normalize your experience in a social context, understand and reframe your situation to allow you the greatest choice and power available, and strategize problem-solving and community solutions that provide clarity and engage support so that you can take new actions.

Skills for Change Coaching includes de-arming bodywork, skills-building practices, conversation and homework, and generates an understanding of how systemic power impacts the body.

De-arming bodywork:

- ❖ increases relaxation
- ❖ eases pain and tension
- ❖ releases energy from habitual bands of constriction
- ❖ produces greater choice

Skills-building practices:

- ❖ accelerate change processes
- ❖ increase awareness
- ❖ facilitate development of new capacities and competencies
- ❖ provide a measurable tracking mechanism for progress

Cognitive conversation and homework:

- ❖ offer a framework for the transformation process
- ❖ engage your mind and thoughts in service of body and spirit
- ❖ create a theoretical foundation for change
- ❖ employ the power of language

Understanding the Impact of Systemic Power on the Body:

- ❖ encourage self-nurturing and self-care as the basis for change

NANCY SHANTEAU

Writing Coach

Somatic Coach and Bodyworker

Skills for Change Coach

PO Box 2563

Grass Valley, CA 95945

tel: 530-273-5170

cell: 530-205-8440

email: nancy@nancyshanteau.com



- ❖ reframe your experience through understanding social context: knowledge is power
- ❖ offer tools for transforming internalized oppression

More Information

- ❖ During bodywork, you'll keep your clothes on. For most of the bodywork sessions, you'll lay on your back instead of your stomach. You may speak, experience emotional release, make sounds, change your breathing, etc. De-arming requires your participation and engagement.
- ❖ Skills for Change Bodywork incorporates elements from many styles and teachers, including Somatic Bodywork, Polarity Therapy, Rolfing, Feldenkrais, Trager, and energetic modalities including Donna Eden's Energy Medicine.
- ❖ Skills for Change Coaching was founded by Julia Kelliher. She studied with Beth Roy of the Radical Psychiatry Collective, and is also certified by Lomi School. Skills for Change Coaching reflects the influence of social justice and social change movements, Julia's own Buddhist practices, and her years of entrepreneurship and single motherhood.
- ❖ Movement exercises are mostly non-impact and we will modify them to work with your body as needed.
- ❖ My teaching philosophy: people need safety and a feeling of connection and love in order to change. The workshop setting will engage your dreams for your future, and provide support, strength and vision. I also believe that the most powerful path to change comes when we understand the cultural, familial, and relational frameworks that impact our bodies and thoughts.



NANCY SHANTEAU

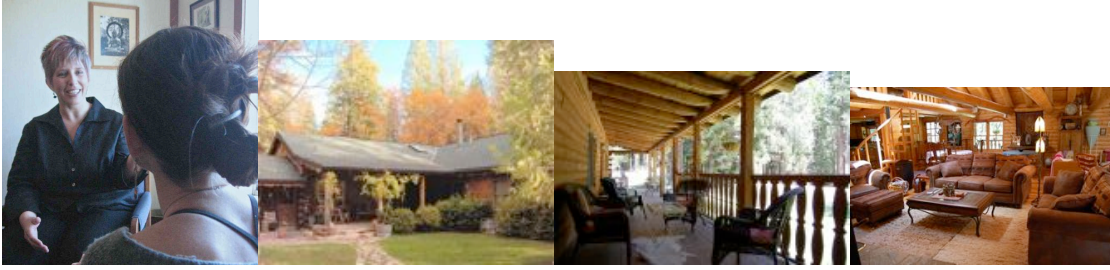
Skills for Change
Bodyworker
and Coach

530-273-5170

tel: 530-273-5170

cell: 530-205-8440

email: nancy@nancyshanteau.com



I have been working full-time as a coach since 2004. I began teaching in 2006, and have taught in the US and South America. Prior to coaching, I spent ten years in industry working in software development, deskside support and sales operations. I was an English major in college and am working on my first children's novel. I specialize in helping people write books. Find me on the web at <http://www.nancyshanteau.com> or read my blog [Writing Boots](http://www.writersdojo.org) at the Writer's Dojo (<http://www.writersdojo.org>).

Logistics

When

Dates: Tuesday May 4 through Saturday May 8, 2010

Time: 9:00 am - 5:00 pm

Housing

Location: Nevada City Retreats (<http://www.nevadacityretreats.com>)

Retreat housing may be secured by contacting Nancy Shanteau at 530-273-5170 or emailing nancy@nancyshanteau.com.

Offsite housing is also available. Let me know what you are looking for and I will help you secure suitable housing.

Meals

Lunch is included in the workshop fee. Light snacks and continental breakfast will also be provided. Approximately 45 days before the workshop you will be sent an intake forms; please indicate any food allergies or preferences on the form

Dinner is not included in the price of the workshop. Participants who are staying at the Papa Bear Lodge are welcome to use the kitchen facilities before 8:30 am and after 5:00 pm each day. Limited refrigerator space will be available in the Papa Bear lodge - please be very considerate of others in your choices.

NANCY SHANTEAU

Writing Coach

Somatic Coach and Bodyworker

Skills for Change Coach

PO Box 2563

Grass Valley, CA 95945

tel: 530-273-5170

cell: 530-205-8440

email: nancy@nancyshanteau.com



Nevada City Retreats is located approximately five minutes from downtown Nevada City, CA. Wonderful restaurants, cafes, and eateries are available. Participants will be provided with a list of local resources prior to arrival.

Financial Arrangements

Cost: \$800 - \$1200 Sliding Scale

Deposit: \$250 - \$500 Sliding Scale

Housing: Deposit required for retreat housing.

- ❖ Sliding scale works as follows: choose where you belong on the sliding scale. I will then issue you an invoice for payment that shows your current payment amount, unpaid balance, and dates future payments are due. Please ask for what works for you.
- ❖ Payment of tuition and housing deposits are required to secure course enrollment and retreat housing.
- ❖ I accept cash, check, or credit card and bank account payments via Paypal.
- ❖ Final payment for housing and tuition is due by March 1, 2010.
- ❖ \$75 of your deposit is non-refundable.
- ❖ Refunds of the remaining deposit amounts may be requested prior to March 1, 2010. After March 1, 2010, the remaining deposit may be transferred to future coaching or training opportunities.

Your satisfaction is important to me. If you have any concerns or questions, I am happy to discuss them with you.

I look forward to helping you transform your pig and make your dreams a reality!

All my best,
Nancy Shanteau

NANCY SHANTEAU

Writing Coach

Somatic Coach and Bodyworker

Skills for Change Coach

PO Box 2563

Grass Valley, CA 95945

tel: 530-273-5170

cell: 530-205-8440

email: nancy@nancyshanteau.com