

Presence: the Gateway to Connect

1-Day Workshop by Bert van Dijk

What have theatre, Buddhism and human psychology got in common? They all promote presence as the key to a more fulfilling existence. Presence is not so much a state of being that can be switched on or off – rather, it is a quality of being that manifests itself by degrees, much like fitness and health. And, like fitness and health, it can be improved.

By drawing from his theatre, psychology and Buddhist practice, Bert van Dijk has developed a variety of stimulating, innovative and practical strategies to enhance the quality of our presence. Some focus on re-awakening the more dormant senses of touch, smell, taste and intuition, while others help us to let go of our attachments to the past, or our pre-occupations (or worries) relating to the future.

Presence is the key to connect with self, other and environment. It enables us to respond creatively and effectively to the ever-changing circumstances we encounter in life and in work. A heightened sense of presence is the essential ingredient for the effectiveness of practically every occupation (performing arts, education, sport, politics, therapy, organisational development, management, and so on) and it enhances the enjoyment of everyday life.

Most people experience being alive and alert in the moment as a feeling of supreme wellbeing. Bliss you could say.

Bert van Dijk (PhD Theatre, MA Social & Clinical Psychology, Dip. Drama, Dip Mime) is a theatre director and pedagogue of international repute, who has directed numerous productions in a great variety of genres.

Bert has developed a unique approach to personal and social transformation that weaves together Jungian Psychology, indigenous perspectives and contemporary theatre practices.

Date: Sunday October 18

Times: 10:00AM – 4:00PM

Venue: St Augustine's Hall
95 Calliope Rd, Devonport

Cost: \$80 (waged) | \$60 (unwaged)

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