



Awakening To The Inner Magic of Life

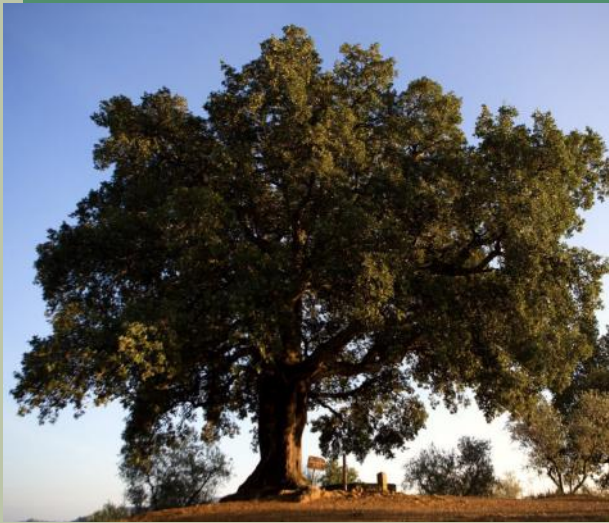
May 29th – June 2nd , 2024

Tuscany, ITALY

Coming Back To Center



What is Coming Back To Center?



First launched in 2012, Coming Back to Center is a series of workshops that aims to expand our capacity to move through life from a place of awareness, intentionality and balance. In other words, CBTC improves our ability to be centered while we're pulled in many directions by the drift of life, supports us in making purposeful choices that are aligned with what we care about most rather than reacting automatically and feeling overwhelmed by circumstances.

By reconnecting with our longings and dreams and by understanding what gets in the way for us to move forward towards our vision, we are able to give birth to new possibilities and reconnect with the deeper perfection that is inherent in the self and feel the power and beauty of life, nature and the bigger mystery that surrounds us.



Our claim is that being centered is more than just a concept or an idea. it's a felt sense, a bodily experience that lives first at a molecular level, and this state can be learned, developed and practiced.



Centering as a practice builds the "muscle" and skill of being present, open and connected to what we care about. it builds stronger, more powerful presence, one that is able to generate trust, inspire and mobilize others.

Somatics, Expressive Arts and Horses

Our approach is a unique blend of Somatic Coaching – primarily based on the Strozzi Institute methodology of Embodied Learning (see strozziinstitute.com) – Expressive Arts and Horse and Leadership Coaching. This is a holistic approach where concepts are introduced and then experienced through physical practice; the result leads to sustainable transformation through new actions and behaviors that are more aligned with what you care about.



Somatics: Whatever we do as human beings we do in our bodies. The sum total of our history lives in our body. We are predisposed to act out of the conditioning of this history. Wherever we are, our bodies and our history are present. This is so obvious and simple we overlook it. The human mind is an integral part of the body, but it is only one part. As we learn to use the intelligence and wisdom of the body we are able to take new sustainable actions which were not available to us before.

Expressive Arts: Expressive Arts uses the five artistic disciplines: dance, drama, music, visual arts, and poetry to help individuals explore themselves through spontaneous discovery. It enables people to understand themselves and their emotions through art by moving into the creative process. It uses the arts as its basis for discovery and change.



Horses: Working with horses is one of the most direct and rapid ways to build awareness about one's own energetic presence and leadership style. Horses respond to clarity of direction, honesty and openness. Horses, without judgment or agenda, can open your eyes to what is working for you and what is not in how you interact with others, approach challenges and strive to achieve goals. They also highlight team dynamics, showing how people coordinate action under pressure.

Having attended a previous Coming Back To Center event is an advantage but not a prerequisite for this workshop. The content of this workshop has been developed and will be delivered by experienced International coaches who have been working in the field of somatics, bioenergetics, gestalt methodology & expressive arts since many years (see coaches bios below). Maximum number of participants to the workshop will be 16 and registration will be accepted on a first come, first served basis.



Why join?

As many of the participants to the previous workshops would tell you, what Coming Back to Center has to offer is difficult to summarise in a list, let alone a short one. However, for practical reasons, here are some of the learnings which you can expect and the promises we make to you.

Learnings include:

- Understanding our habitual responses under pressure and stress, what triggers us and why
- Understanding the causes of our triggers
- Stronger and more grounded presence, which will allow better connection with one's self and others and will increase the ability to generate trust and deal with stressful situations
- Experiencing of a broader range of emotions, more effective actions, more balance
- Access to a range of new practices necessary to build a new self capable of living in the body and able to take new actions through time.

What we promise:

- A safe, intimate and protected environment where you will be able to learn, share and grow and where there will be no judgment
- Rich conversations and learning within a well structured program
- An experiential, creative and innovative approach, far from conventional teaching and training techniques
- A qualified group of Coaches who will ensure the highest standards of content and delivery
- The beautiful and powerful Tuscan landscape, which will accelerate opening and learning

What we expect from you:

- To be fully present and, as much as possible, to not be distracted by other commitments
- To be curious and open to experiment, share and listen
- To be respectful of others and mindful of the larger group's needs and requests



The power of landscape for transformation

Coming Back to Center will be held at Montebelli, an eco friendly country hotel with over 100 hectares of organic farm where award winning organic wine and extra virgin olive oil are produced. Montebelli offers a number of facilities including tennis, swimming pool, spa, and horse activities, and is located approximately 100 Km south of Pisa which is the nearest airport (also served by British Airways and Turkish Airline).

For more info visit www.montebelli.com

Workshop dates

May 29th - June 2nd 2024

The workshop will start on the evening of May 29th and will end on June 2nd at noon.

Workshop Cost

€3500 (Early bird rate €2900 - registration by March 31st 2024) inclusive of:

- Workshop fee
- 4 nights at Montebelli Country Hotel, full board (breakfast, lunch, dinners and coffee breaks)
- A wine tasting experience
- Free entrance to alumni practice reunions

Please ask for more information about the rates if sharing a room.

Cancellation policy: 100% refunded if cancellation is more than 30 days in advance, 50% total fee refunded less than 15 days; zero refunded less than 1 week.

The cost doesn't include transportation and extras at the hotel, 50% of the fee is required on registration, 50% on completion. Montebelli can assist you with the organization of the transportation from and to Pisa or Rome airport. For more information on the workshop content you can contact **Gila Seritcioglu** (gilaincrea@gmail.com) or **Giulio Brunini** (giulio.brunini@gmail.com) and watch the video on www.comingbacktocenter.com

Once you have contacted Gila or Giulio, to book please contact
info@montebelli.com or call +390566887100

Qualified coaches with long experience in somatics



Gila Şeritçioğlu - MCC, Gestalt and Somatic Coach, Expressive Art Therapist

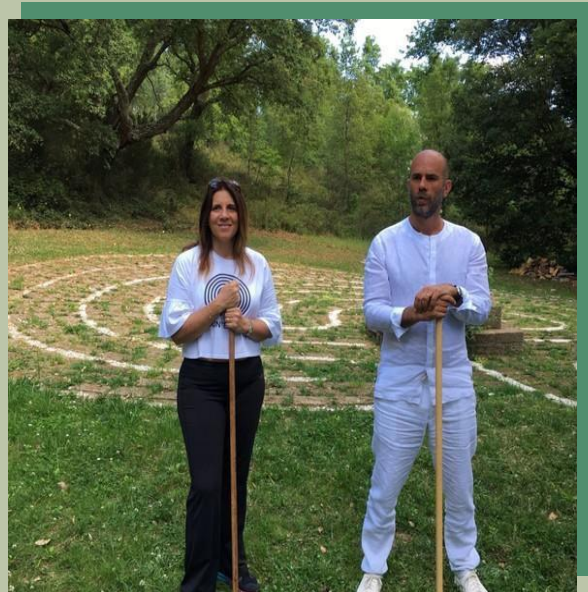
Gila is one of the Master Certified Coaches (MCC) in Turkey, entitled through the International Coach Federation ICF who works with the belief that all humans have an endless potential to discover their inner strengths and go beyond their existing limitations.

She offers a unique combination of twenty years of extensive experience developing the human potential and performance of leaders and people of various ages as a Gestalt coach, facilitator, expressive arts therapist, educationalist and trainer. She is the founder of Increa Creative Coaching & Consulting.

Currently she works locally and internationally and is specialized in coaching top executives, teams, leaders, professionals, groups and organizations.

As an executive coach working globally, Gila supports her clients to integrate their new awareness' and perspectives into their work and life experiences so that they may lead a more efficient and fulfilled life. She believes that through coaching, leaders can make contact with their potential, moving towards high impact and effectiveness, leveraging their talents to the utmost. She coaches leaders as an awareness agent towards change and to support them to gain a stronger presence, new visions and perspectives on their challenges so that they can use them as opportunities to create a difference in the world.

She also has extensive experience in designing and implementing tailor made experiential trainings and workshops using creative techniques. Gila has established her own preschool KIDS in 1991 and has been working with children and families in order to create greater impact as an educationalist, psychologist, supervisor and leader. Gila coaches in Turkish and English. She is a member and coach of the Global Coaching Network & Peak Insight representing Turkey and EMEA. She is a Certified Somatic Coach through the Strozzi Institute and works with leaders on building an impactful leadership presence.



Gila is one of the three founders and faculty of the Gestalt Center for Coaching which offers accredited coach trainings through ICF and Gestalt based workshops. Gila is married and is the mother of two girls. She lives in Istanbul.



Giulio Brunini - Master Somatic Coach

Giulio moved to Italy from South Africa in 1975 and grew up in Naples and Rome before his family moved to Tuscany, taking over Montebelli and turning it into the organic farm and country hotel that it is today. Now father of two young daughters, he brings a blend of cultures and experiences, a strong passion for nature, a curiosity and interest for personal journeys and self reflection and a belief that powerful and positive personal transformations happen as we choose to attend to the body, by listening to it and living in it.

Giulio is a Certified Master Somatic Coach a trainer of the Strozzi Institute in California and a graduate of Newfield Network and the Gestalt Centre for Coaching. Drawing on his own extensive corporate experience gained from working for over 15 years in senior positions that include CEO at a Universal Music/WPP company, Director at Yahoo! and Saatchi & Saatchi, Giulio works primarily with senior executives on leadership embodiment programs.

An Ashtanga Yoga instructor and wine amateur sommelier, Giulio shares his time between Istanbul and Tuscany which allows him to be in tune with his personal values and create a stimulating physical environment from where he can better develop and offer his unique perspectives on life and coaching.



Raffaele Ponticelli - Bioenergetic Therapist

Psychologist, psychotherapist and freelance journalist, developed his knowledge thanks to Jules Grossman, Alexander Lowen and John Pierrakos. He completed studies in Bioenergetics Therapy at San Francisco State University, and is certified by The International Institute for Bioenergetic Analysis of New York in recognition for his research and experience in the field of psychology.

He developed his original therapeutic method called “Emotional Psychotherapy” explained in his first book *Express your Emotions and Live Better* edited by Xenia (Milan) in 1996. He is president of the Jules Grossman Institute of Naples. He conducts workshops and programs of Emotional Education and Education in Feelings® and Existential Memorization Trainings® for Institutes of Humanistic psychology and for Italian and European companies. He has written dozens of scientific publications and hundreds of scientific and popular articles. His most recent book is *Emotional Memory* edited by Xenia Milan in 2005.



Tommaso Migliozi
Horse Trainer And Ege Coach

Established 25 years ago, Montebelli Turf has a strong tradition in thoroughbred horse breeding and racing with over 300 national and international victories. Montebelli's Stable is led by Tommaso Migliozi, a Licensed Horse Trainer and EGE (Equine Guided Education) Certified Coach.

Combining his horse training skills with his coaching competencies, Tommaso creates a safe environment and puts people in contact with the horse - regardless of their level of experience - to create unconventional, non verbal learnings that lead to powerful personal transformations and shifts.



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