

# Coming Back to Center Revealing the Naked Self

South Africa - Cape Town

*March 22nd - Feb 27th, 2024*



[www.comingbacktocenter.com](http://www.comingbacktocenter.com)

# Remembering The Original Self

**Coming Back to Center Africa** workshop aims to reveal and remove the many characters and masks that we have learned to wear in our life, it is an experience that will move us towards our naked selves, the fuller, more authentic, expanded self that has a broader capacity to move through life from a place of creativity, drive and inspiration.

It is a deep dive into our resistances and contractions, our paradigms and set of beliefs which might have served us at some point in life but no longer do the trick. It's an opportunity to reconnect with that authentic part of us which we have quietened while learning to adapt to the rules and expectations of others and of the large system.



The process of revealing ourselves starts from exploring the mask that we wear, the veiled version of ourselves that we have learned to present to others as a way to generate consensus and approval. It is a step that requires some degree of courage as we have learned that the unedited self isn't always as popular as the one that we would present, say at an interview we care about.



Reconnecting to our body, trusting that the body never lies and that it holds a wisdom able to inform us on our choices, will be the next step we take as we walk our own labyrinth. As long as we're prepared to connect, listen and pay attention to our body, it can become our primary source of information in the revealing process, accelerating our transformation. The way we breathe, stand, sit, walk, look, brace, speak, hold our shoulders, distribute our weight downwards or upwards, touch, face, extend, balance, all of this and more can inform us on who we are, our personal history, where we are in life and what is getting in the way of a fuller, more authentic existence.



Coming Back to Center Africa ultimately aims to improve our ability to be centered while we're caught by the drama of life, helping us make purposeful choices that are aligned with what we care about most, rather than reacting automatically and feeling overwhelmed by circumstances. The capacity to move through life from center is a state that can be learned, developed and practiced. New supporting and life practices will be learned in order to generate a new shape capable of being open, present and connected.



# Staying Connected To What Matters To Us

By centering purposefully, we can practice staying connected to what most matters to us, build our resilience, and help calm and re-center ourselves when we are triggered or under pressure.

Feeling ourselves helps us make more space for sensations and emotions, becoming more curious about them and less reactive and therefore allowing us to move more purposefully and with intention in life.

Centering helps us also feel others, build empathy, and be more effective and impactful in relationships.





Coming Back to Center Africa is a highly experiential workshop based on the **Strozzi Institute principles of Somatic Embodiement ([www.strozziinstitute.com](http://www.strozziinstitute.com))** where learning happens by immersion, rather than at a cognitive level. Any theoretical model is brought to life through the experience of the soma.

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).



# Connecting To The Broader Horizon of Possibilities



## Learnings Include

- Revealing and letting go of the character/mask that gets in our way
  - Connection with our naked self and the broader horizon of possibilities that are available to us
  - Understanding our habitual responses under pressure and stress, what triggers us and why
  - Understanding of the causes of our triggers
  - Stronger and more grounded presence, which will allow better connection with oneself and others and will increase the ability to generate trust and deal with stressful situations
  - Experiencing somatic opening that can generate a broader range of emotions, more effective actions, more balance
  - Access to a range of new somatic practices necessary to build a new shape capable of living in the body and able to sustain it through time.
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## 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 judgement
- Rich conversations and learning
- 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 African landscape, which will accelerate opening, learning and connection to your primal, original self

## What We Expect From You

- To be fully present and not 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 Transformative Power Of The African Landscape



## Location

For Coming Back to Center Africa we have chosen **Bodhi Khaya** Nature Retreat , a wonderful venue 164km south of CapeTown.

Bodhi Khaya's vision is to steward a place of sanctuary and retreat, where participants sense an authentic feeling of homecoming through a reconnection to nature, spirit and humanity. This unique location captures the primal African energy that allows us to move away from the masks and conventions of our so called "**normal life**" and dive into the womb of mother earth.

It is a sacred place that brings to life our original, unpolluted energy and spirit, able to connect to nature and start a dialogue that can feed our intuition and move us towards our broader vision in life.



## Bodhi

"**Bodhi**" traditionally translated into English with the word enlightenment, although its literal meaning is closer to "**awakening**". The Buddha was enlightened under what came to be known as the **Bodhi Tree**.





## Khaya

”Khaya” derives from the African Nguni (Zulu) word “i-khaya”, meaning dwelling, abode, or home. “Khaya” is a Sanskrit word which means body in the sense of many qualities gathered together, joined and united as one -the embodiments of loving-kindness, compassion, wisdom and skillful means which appear in the world to help sentient beings.

For more info and for directions visit: [www.bodhikhaya.com](http://www.bodhikhaya.com)  
Workshop Cost €4850 (Early bird rate €4050 for registrations before December 1st, 2023)

inclusive of:

- Workshop fee
- 5 nights accommodation at Bodhi Khaya Retreat, where the workshop will take place; full board (**breakfast, lunch, dinners and coffee breaks**)
- Lodging will be in shared rooms. Limited single rooms available at extra cost **€1850 at registration; remaining amount by February 1st, 2024.**

Cancellation policy: 100% refunded if cancellation is more than 75 days in advance minus 500€ non refundable fee; 50% total fee refunded less than 40 days; zero refunded less than 30 days.

***Dates March 22nd - 27th, 2024***

Arrival on March 22nd in Cape Town International Airport and same day connection to retreat center; **March 22nd-26th workshop; March 27th transfer to Cape Town for departure;**

For more information or to book the workshop please contact:

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**Gila Şeritcioğlu** [gilaincrea@gmail.com](mailto:gilaincrea@gmail.com)





### Gila Şeritçioğlu

Gila is one of the three **Master Certified Coaches (MCC)** in Turkey, entitled through the **International Coach Federation ICF**. 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 & Somatic coach, consultant, expressive arts therapist, educationalist and trainer**. She is the founder of Gila Şeritçioğlu Coaching. Currently she works locally and internationally and is specialised in coaching top executives, teams, leaders, professionals, groups and organisations. 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 representing Turkey. She is a Certified Somatic Coach through the Strozzi Institute and works with leaders on building an impactful leadership presence. She is a visiting faculty at HEC, the Global Coaching Program in Paris. She is one of the three founders and trainers 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

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 Somatic Coach, an Associate of the Strozzi Institute in California and a graduate of Newfield Network.**

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.

A keen triathlete, a certified tennis coach and a wine amateur sommelier, Giulio shares his time between London 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.