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Salve Regina - The Newport College Hosts Three-Day Wholistic Health Workshop

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NEWS RELEASE
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SALVE REGINA - THE NEWPORT COLLEGE HOSTS
THREE-DAY WHOLISTIC HEALTH WORKSHOP

Salve Regina - The Newport College will host the three-day workshop, "A Celebration of Life - the exploration of human potential and consciousness," Friday through Sunday, August 19-22.

The workshop will focus primarily on a variety of wholistic approaches to health, including body movement, the Alexander Technique, Gestalt therapy and psychosynthesis, but will also include folk dancing and celebration of life. Workshop leaders are Poldi Orlando, Vi Brody, Rupa Cousins, Pat Cowen Reinstein and Jack Childs.

Orlando is an internationally known movement specialist skilled in psychosynthesis. She is a trainer with the Florida Gestalt Therapy

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Institute. Brody, skilled in Gestalt therapy and psychosynthesis, is the founder of Developmental Play, a form of bonding therapy with children. Cousins is a certified instructor of the Alexander Technique, a process of re-educating the mind/body through the use of touch and imagery. She has also studied structural awareness and movement. Reinstein is currently a clinical research fellow at Harvard University and a trainer with the Florida Gestalt Therapy Institute. She emphasizes body awareness and energy approaches. Childs is an associate professor of human development at Salve Regina. Working within the Gestalt process, he emphasizes meditation and body movement.

Registration deadline for the credit-free workshop is Friday, July 30. Cost is \$85. For more information, write Dr. Childs at the College, or call 847-6650, ext. 339.

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