



Charismatic Presence without Ego



One day Workshop in Glastonbury

Radiance, Presence, Creative Energy, Bliss and Confidence

Shekinah Yoga Retreat Centre Glastonbury, 19th October 2019

With Dr Gareth Somers: Acting Coach, and Practitioner of Emotion Release and Dao Energy

*Join us on a joyful one day ritual retreat in the spiritual heart of England at the beautiful **Shekinah Ashram at the foot of Glastonbury Tor**. This workshop is fun, playful and sometimes deep. It will give you tools to help you feel protected and confident as you claim your authenticity, openness and warmth in the world. *Just bring an open heart.**

I have divided my life between helping Actors transform themselves and engaging on my own spiritual journey. I feel a need to combine these worlds to share this mix of unique acting, somatic and spiritual exercises to help you to **release your voice and body, let go of negative emotional states**, to speak and hold your truth, tap into the power of your creative energy, protect your space and **radiate confidence and presence**.

Daytime: 11- 5 (with an hour for lunch) meditations and release exercises

Evening: 7-9 Cacao ceremony ending in Kundalini dance in the dark

Exercises might vary as they are tailored to participants needs. But we will explore some of the following: **Energy clearing, Bio Dynamic Grounding Tension Monitoring, Qigong, and Body Release**, The Ancient Daoist practice of **Inner Smile and the 6 Healing Sounds, Tantrik Bliss Meditation**, and Buddhist **Loving Heart Meditation, Daoist Laughing Yoga, Shamanic Fooling**. *(Be ready to commit to the work, though your boundaries and privacy within the work will always be respected.) Please note: The Temple space in the Ashram is a sacred space and attendees will be expected to treat it, themselves and each other, with respect and care). This is a one day workshop but if you want to turn it into personal mini retreat, the ashram is a beautiful space to rest and reflect. You can book various rooms and join their popular Kirtan on Friday night, their morning Puja and their powerful Sunday morning fire ceremony.*



Gareth is an Actor, Director and writer and spiritual healer. He has performed and directed internationally. He is a specialist in Daoist energy work, Ritual and Emotional release. He has met, learned from, and collaborated with: performers, shaman and spiritual practitioners from around the world. He teaches at the Royal Birmingham Conservatoire. He has a PhD in performance, ecology and evolutionary psychology. He has toured in England, Europe and the US and has taught, led workshops and directed in: The Netherlands, Italy, Poland, The Czech Republic, Lithuania, Switzerland, Germany and India.

Testimonials: Gareth's work on presence and finding joy and creativity were a massive turning point for me. He helped me to become better at my craft, he also helped me to find stillness and grounding in my personal life, and to become more comfortable with who I am. I would recommend him to anyone. Be open and he will teach you so much.
Becky Dueck

Gareth's approach is a fresh perspective that allows you to find greater depth in your own work and in yourself. Gareth pushes you in thought-provoking ways unlike anyone else I've worked with. I couldn't recommend him enough!
Angus Easner

Gareth is a generous spirit, who always gives you an alternative perspective, when you are just stuck. Many times simply to just centre or reminding you just who you are or where you are. He consistently goes below the surface, to the real inner dynamics of how things work. Yes sometimes this will challenge you, but if you're open to it, a shift is sure to follow.
Carl Coleman Jnr



(Beautiful Mandala by Kätlin Kat Kängsepp) **Fee: £120: Email: garethsomers@yahoo.co.uk £50 (non refundable) deposit to secure a place * please note: for your comfort and security an abuse of trust or intimacy within the group could result in exclusion from the work.**

