

Gestalt Residential Workshop Cadaques, Spain

Personal development Workshop | Course leader Paul Allsop and Oriol Methuen



Gestalt focuses on what is, rather than what was, might be or should be. It is an integrative process concentrating on the how and now of the present rather than the why and because of past and future. The focus of this workshop is on awareness, the lively, uncritical receptivity to being in the here and now.

Our venue is a spacious and comfortable modern house in the Cap de Creus national park, just outside Cadaques overlooking the Mediterranean coast of Spain. Participants will have time to explore the beautiful nature reserve and the exquisite nearby bays. The house has a pool and is a five minute walk from the sea.

The experience of this workshop in these surroundings offers participants the chance to enjoy the sensuous beauty of the house and its location and to explore playfulness, creativity, and depth of contact and connection with themselves and others during the week.

Dates and Fees 2014

Sunday, April 13 - Thursday, April 17.

£750 per person. The price includes accommodation, breakfast and workshop fees.

How to Enquire/Book

To book on this residential workshop please send cheque payable to Oriol Methuen or Paul Allsop at the Spectrum office, 7 Endymion Road, London N4 1EE.

