

# Radix Weekend Workshop December 2021

with

**Narelle McKenzie**



**Dates:** December 3rd - 5th

**Times:** Friday night 7pm -10pm, Saturday 10am - 6pm; Sunday 10am - 4pm

**Venue:** Lygon Therapy Rooms, 622 Lygon Street, Carlton North Vic 3054

**Fee:** \$550.00 per workshop

**Deposit:** \$250 (non refundable unless place is taken)

**Closing Date:** Friday 26th November No refunds of full fee or deposit after this date.

**Enrolments:** Email: [narellemck@icloud.com](mailto:narellemck@icloud.com) or phone 0408809357 with name and contact information

**Payment:** Send cheque for full payment or deposit to PO Box 531 Clifton Hill Vic 3068 or pay by EFT. BSB 735000 Account No 526579 Account Name: R.A.Brodie & N.L.McKenzie

### ***What is Radix body centered psychotherapy?***

Radix is a powerful body centered psychotherapy which promotes change, growth and healing. The word Radix means root or source and here refers to the energy flow underlying body, mind and spirit. Radix practitioners work with clients to restore the rhythmic flow of the radix throughout the body-both on its inward movement, enhancing self contact and on its outward movement, enhancing contact with others. Working verbally and with the bodily processes of breathing, movement, sound, touch, and vision, the Radix practitioner assists clients to become conscious of the many ways in which they facilitate or inhibit this energy flow. Working with this awareness, clients are then able to make choices as to how to experience and express their aliveness in the world.

### ***What are the benefits of a weekend workshop?***

Radix weekends are challenging, enlivening and fun. They offer participants an intense experience of Radix work without the daily distractions of work, relationships and maintenance issues. If you haven't experienced Radix work before they are a good introduction because of the concentrated focus. They are also valuable as an adjunct to regular individual work as participating deepens personal work and offers you support from other group members. New issues different from those in individual work often arise because of the wide range of concerns of participants and the interactive nature of the weekend. This helps you discover new ways of functioning that will add passion and commitment to your personal and professional life. If you are not a regular client of Narelle's, an interview may be required prior to commencement of the workshop. There will be no fee for this.

### ***What is the overall structure of the weekend?***

Throughout the weekend there is an opportunity to work individually, in pairs and in the larger group. Each participant receives an individual intensive from Narelle at some stage during the workshop.

### ***Who is Narelle McKenzie?***

Narelle McKenzie is the Director and a Senior trainer of the Australian Radix Training Centre, She is a registered psychologist with thirty years experience working in private practice with adults, adolescents, families, couples and groups. As part of her private consultancy, Narelle has led Radix based experiential and training workshops throughout Australia and the USA. In Australia, she is eligible for membership of the Australian Psychology Society. She is also a member of the USA Body Psychotherapy Association and is a clinical member on the PACFA National Register of Psychotherapists and Counsellors.