

**AUGUST 12.-16.2023**

**INTERNATIONAL SKAN**

**SUMMER WORKSHOP**

**IN AUSTRIA**

We are inviting you to a 5 day Skan summer-retreat at the beautiful and historic Werkhof Bistica retreat center in the region of Kärnten /Austria

- **What we offer**

We are offering a safe space for you to connect in depth with your own body and psyche over an extended period of time. Healing takes time and healing happens within the field of relatedness. We can create a space of trust within the group, where individual development is encouraged and supported. Spending a entire week with a committed group of people allows invaluable opportunities for personal growth and exploration. Old emotional patterns can be released in safety. A new enjoyment of life can arise. It is a time to enjoy the good company of others who are willing to go deep.

- **What we do**

During the summer intensive we will engage in a wide range of therapeutic settings, including individual sessions, breathing rituals, movement exercises ,dance, expressive rituals, streaming theater, scenic integration and meditation. It is a time for inward and outward reflection and deep personal encounters. We will make use of the energetic support of a larger group, but also break into smaller, more intimate group sessions. There will be time to connect with the natural surroundings as well. Based on decades of experience, we are able to spontaneously adjust and create exercises and interventions to best support your healing process.

- **About Skan Reichian Bodywork**

Skan Bodywork is directly rooted in the pioneering work of the Austrian physician and Psychoanalyst Wilhelm Reich. Reich has been the first to directly work with stored Trauma in the body. Skan is a most effective form of Reichian bodywork. Our approach is non-mechanical but rather offers a human relationship first. If we are met humanly we can learn to trust and reconnect with our own intuition and impulses.

We are all born with a natural emotional capacity to support our connection with self and the world. If all goes well and we are met in our physical, emotional and mental needs, we can develop into creative, relational, sensual and loving human beings, able to trust and express ourselves according to the rationale of the moment.

Unfortunately most of us have experienced trauma in various forms. Your body holds the memory, even though you might not consciously remember. We can not change the past, but we do have the capability to heal and become whole again. You can find a voice beyond words and feel alive. Skan aims to restore your natural state of being.

- **Who can benefit from the workshop**

This summer workshop aims to reach participants who are already involved or are interested in a profound process of self enquiry and self experience.

It might be helpful if you already have some experiences in any form of therapeutic processes, particularly Skan, Bioenergetics or Somatic Work or any form of breath-work, art therapy or expressive arts. Anyone working in the healing arts will benefit greatly from this retreat as well. We also invite anybody new to this process . For your own safety we would like to have a Zoom conversation first, to assess whether this is the right workshop for you.

**Lydia Becker:**

Lydia has been a Skan - Reichian therapist and instructor for over 25 years and is a studied Skan - Reichian Therapy in Germany. Lydia is a founding member of the Skan Academy. She has practiced in Germany, France and the United States and currently lives and works in Marin County. Lydia is a licensed German midwife. She has delivered more than 400 babies in a homebirth setting. Her knowledge of pregnancy, child-birth and pre and postnatal psychology deeply influences her work. contact: [www.skanacademy.com](http://www.skanacademy.com)

**Werner Sattlegger:**

Werner has worked in various management positions in European companies. Currently he does executive leadership trainings and founded "Art of Life" in order to enable mindset shifts within organizations. Werner has studied Skan - Reichian therapy in Germany, with a special focus on group dynamics and Gestalt therapy. He is a Skan therapist, co-author of the book "When Longing Grows Beyond Fear" and author of the book "Art of Leadership". Contact: [office@the-art-life.at](mailto:office@the-art-life.at)  
Phone: 00436765792292

**DATE**

Saturday 12 - Wednesday 16  
Check in Saturday between 3 pm and 6 pm  
Retreat start on Saturday 7 pm  
and end at Wednesday 5 pm

**FEE**

- 756 Euro (inkl. 20% tax )

Accommodation and meal is not included. Please book your accommodation directly with the retreat center

**PLACE**

Feistritz 31  
9143 Feistritz ob Bleiburg  
[www.werkhof-bistrice.at](http://www.werkhof-bistrice.at)  
Tel.: ++43 664 933 1 933, ++ 43 4235 2838  
ICarinthia/Austria  
Room rates vary from 120 to 200 euros for all 4 days,  
complete board with 3 meals around 45 euros per day.

**REGISTRATION**

We kindly ask you to apply by May/14./2023  
[lydia@skanacademy.com](mailto:lydia@skanacademy.com) or to  
[office@the-art-of-life.at](mailto:office@the-art-of-life.at). A deposit of 100 euro is due at  
registration.  
Venmo 415-827-7006 for US citizens.  
Paypal [lydiaskan@gmail.com](mailto:lydiaskan@gmail.com) all nationalities or contact  
Werner Sattlegger for other Austrian bank transfers.

**APPLICATION**

Please send us a brief note, up to a paragraph (or longer if you desire) about your background and your interest in attending the workshop.  
You can contact us any time for questions and further information.



# TESTIMONIALS

*"The weekend workshop with Lydia and Werner was a potent and transcendent experience for me. I had been to Skan group healing retreats previously, but never before had I attended a workshop led by both a woman and a man together...and not just any woman and man, but highly adept Skan therapists. Many of us have deep emotional wounds that formed in our childhoods, particularly with our primary caregivers, and I am no exception to this. Working with Lydia and Werner together was very healing for me as I was able to release deeply bound and difficult emotions related to childhood relational trauma. I honestly don't know how else this trauma gets transformed".* **(Paul Nicholas)**

*"Lydia and Werner work seamlessly in partnership to provide a playful yet deeply safe space for participants to feel held and simultaneously nudged to open up to possibility in their lives. I have attended many group work intensives, and Lydia and Werner is a cut above the rest. Expect to benefit from deep one-on-one attention, as well as grow through connecting with other people's lives and stories. The weekend was hard work, but exceptional in the insight and value it delivered. I came out of the workshop with more clarity as to who I am and feeling in touch with my aliveness. Thank you Lydia and Werner!"* **(Rebecca Martin)**

*"Working with Lydia and Werner was deeply moving and transformative for me. They created a space and sense of community together, a place where I felt supported and seen. They each bring unique strengths and abilities, and together they are full of compassion, care, and insight. They are a huge gift in my life. And I witnessed how much they impacted all the others in our workshop as well."* **(Alex Giardino)**

