

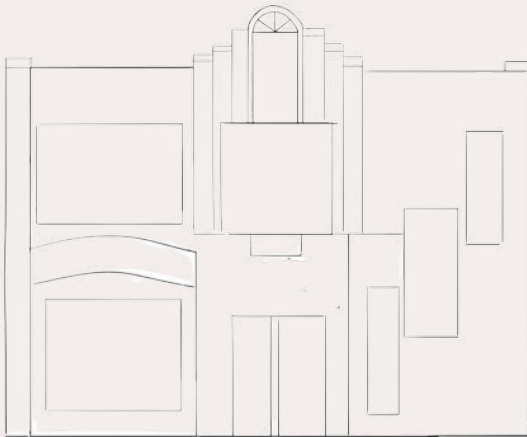


THE BIGGER PICTURE CLINIC

MONTHLY NEWSLETTER

NOVEMBER - ISSUE 2

A message from Mon



Upcoming Events



ACTIVATION CLASSES.
WEEKLY BEGINING
MONDAY NOVEMBER 6TH



ALCHEMIC ACTIVATION
WORKSHOP - SATURDAY
NOVEMBER 11TH

It is wild to think it is almost the end of the year. This can be an especially challenging time for many people with commitments and all the antics that the end of the year can bring. It's important for us to pause and check in with ourselves, to listen to what we need and separate ourselves from the stories our mind can tell us that keep us in unhealthy patterns. I encourage you all to think about what can support you over these next few months, whether it is therapy, movement, friends, family or even some time to yourself with some essential oils and music.

Whatever it looks like, we need to tend to ourselves before we can tend to others.

Soon I'll be attending the Global Exchange Conference in Florida. The conference encompasses mental health, addiction, trauma, spirituality and the body. I cannot wait to bring everything I experience back to the clinic.

Alchemic Activation Classes

LISTENING TO THE WISDOM OF OUR SACRED PELVIC SPACE
CONNECTS US TO OUR WILD HEARTS

OUR HUMAN EXPERIENCES ARE ENERGY. THIS ENERGY CAN FLOW, AND IT CAN ALSO BECOME STUCK IN OUR BODIES AND IN OUR LIVES. STRESS, TRAUMA, NEGATIVE CONDITIONING, LIMITING BELIEFS, AND THE WAY WE EXPERIENCE EVENTS RESONATE IN OUR MINDS, HEARTS AND DEEP WITHIN OUR PELVIC SPACE.

WE HOLD THESE ENERGIES UNTIL WE FEEL SAFE AND RESOURCED ENOUGH FOR HEALING TO UNFOLD.

WHEN WE BEGIN TO LIGHT UP OUR PELVIC CENTRE, WE IGNITE OUR SENSE OF SELF, OUR CONFIDENCE, OUR RELATIONSHIPS, AND OUR ABILITY TO EXPERIENCE REAL PLEASURE.

THE PELVIC ACTIVATION TRAUMA INFORMED CLASS HELPS SHIFT TRAPPED ENERGIES IN SAFE AND EFFECTIVE WAYS. YOU WILL FEEL MORE ALIVE, GAIN CLARITY, FEEL MORE OPEN AND EXPERIENCE SHIFTS IN YOUR NERVOUS SYSTEM THAT ENABLE YOU TO LIVE A MORE INTIMATE LIFE WITH YOURSELF AND WITH OTHERS.

IN THIS MONTHLY CLASS AT THE BIGGER PICTURE CLINIC IN ELSTERNWICK, YOU ARE GUIDED THROUGH EXERCISES AND TECHNIQUES TO ACTIVATE YOUR SENSUAL NATURE.

THIS SERIES OF CLASSES AT THE BIGGER PICTURE CLINIC BRINGS TOGETHER THE WISDOM AND METHODOLOGY OF HEIDI TRUE OF TRUE INTIMACY, AND BIANCA EWA OF ACTIVATED BEING

JOIN US FOR A 90 MINUTE CLASS BLENDING MINDFUL CONNECTION, TANTRA, EMBODIED MOVEMENT, SOUND, SOMATIC THERAPY AND SPINAL ENERGETICS- DESIGNED TO OPEN YOUR BODY TO YOUR SENSUAL NATURE AND THE POTENT WISDOM OF YOUR HEART.

SATURDAY NOVEMBER 11, 10.30AM - 12.00PM

DECEMBER AND JANUARY- TBA
\$50 PER PERSON

BOOKINGS HERE:
[HTTPS://HEIDITRUE-SCHEDULE-LINK.AS.ME/TBPCCLASS](https://heiditruer-schedule-link.as.me/tbpcclass)



Meet Bianca - Holistic Therapist

STORING STORIES BY BIANCA ZUKOWSKI



I HAVE ALWAYS HAD A DEEP BELIEF IN THE HEALING POWER OF SOMATIC MOVEMENT. IN 2005 I BECAME A PSYCHOTHERAPIST AFTER WORKING WITH CLIENTS THROUGH FASCIAL RELEASE WITH THE UNDERPINNING THEORY THAT IT IS THROUGH OUR PHYSICAL BODIES THAT WE CREATE CHANGE.

HAVING WORKED WITH TALKING THERAPIES FOR MANY YEARS, I UNDERSTAND THAT WHEN SOMEONE ASKS ME TO TELL THEM MY STORY, THEY WANT TO KNOW WHAT I HAVE EXPERIENCED THROUGH WORDS, BUT WHAT IF I WAS ABLE TO COMMUNICATE MY EXPERIENCE IN A DIFFERENT WAY? WE ALL HAVE STORIES TO SHARE, AND OUR BODIES ARE WHERE WE STORE THEM.

I HAVE FELT ANGER IN MY PELVIS AND HIPS

I HAVE FELT SADNESS ON AND AROUND MY THROAT AND NECK

I HAVE FELT LONELINESS, ABANDONMENT, LOSS, LOST, ANXIOUS, DEPRESSED, DISCONNECTION, FRIGHT, JOY, EMPOWERMENT, SECURE, LOVE, IN DIFFERENT LAYERS AND SHADOWS WITHIN MY ENTIRE BODY

MY STORIES HAVE SHOWN UP IN ILLNESS, INJURY, DYSFUNCTIONAL RELATIONSHIPS, CAREER DISSATISFACTION, INFLAMMATION, AND MUSCLE TENSION. THINK FOR A MOMENT WHERE YOU ARE HOLDING STORIES, WHAT THEY ARE SAYING, AND IF SOME OF THEM ARE ASKING TO BE TOLD DIFFERENTLY, IN A WAY THAT COULD CHANGE NOT ONLY THE WAY THE STORY IS STORED BUT THE WAY IT RESONATES.

THROUGH SELF-PRACTICE AND TEACHING I HAVE BECOME WITNESS TO THE TRANSFORMATIVE POWER OF SOMATIC MOVEMENT AS THERAPY. I WORK WITH CLIENTS BY USING EXERCISES, SOMETIMES SLOW AND WITH EASE, OTHER TIMES I ENCOURAGE THE BODY INTO DISCOMFORT, TO ASK FOR SOFTNESS WITHIN THE INTENSITY, TO OBSERVE THE MIND - THE PATTERNS AND INNER DIALOGUE. I USE AWARENESS OF BREATH TO ALLOW DISCOMFORT TO RISE AND FALL WITHOUT GIVING UP. MY CLIENTS FEEL ABLE TO EXPRESS THEIR RAGE, GRIEF, AND SHAME NO LONGER HAVING LIMITATIONS IN THE WAY THEY EXPERIENCE LIFE. I CREATE PROGRAMMES FOR MY CLIENTS TO ENTER CONSISTENT PRACTICE, USING SOMATIC MOVEMENT TO LIVE FULLY, CREATIVELY, LOVINGLY.

IN COMPLEMENT TO MY SOMATIC THERAPY PRACTICES I USE THE MODALITY OF SPINAL ENERGETICS TO HELP MY CLIENTS UNWIND AND RELEASE ENERGETIC HOOKS SO THAT THEY CAN HAVE A DEEPER CONNECTION TO THEIR TRUE POTENTIAL. THIS IS DONE BOTH IN GROUP CLASSES, AND 1:1.

WHEN WE RELEASE TRAUMA, BOTH BIG AND SMALL, FROM OUR NERVOUS SYSTEM WE HAVE THE POSSIBILITY OF MAKING CHANGES THAT RIPPLE OUT PASSED OUR OWN LIVES. I ENCOURAGE AND SUPPORT CLIENTS TO RAISE THEIR VIBRATION SHIFTING THEM FROM A STATE OF EXISTING TO ONE ACTIVATED BEING.

Meet Bianca - Holistic Therapist



WHY WOULD I COME TO SEE YOU?

IF YOU'RE DEALING WITH-

ANXIETY
DEPRESSION
PHYSICAL ACHES AND PAINS
BODY ACCEPTANCE
WEIGHT LOSS/GAIN
PARENTING
NEGATIVE DIALOGUE
UNDERSTANDING EMOTIONS
RELATIONSHIP ISSUES
LIFE PHASES MENARCHE/FERTILITY/PERI MENOPAUSE/MENOPAUSE
DISRUPTION IN SLEEP
GRIEVING



HOW DO I WORK ?

I WORK BY GETTING TO KNOW A LITTLE ABOUT YOU THROUGH TALK THERAPY AND CREATE A BESPOKE PROGRAM BASED ON YOUR NEEDS AND DESIRED OUTCOME. MY PROGRAMS HAVE A FRAMEWORK OF BREATH, SOMATIC THERAPY-MOVEMENTS, CONSCIOUS AWARENESS, SPINAL ENERGETICS, NUTRITION AND ACCOUNTABILITY TO CONSISTENCY.

HOW OFTEN DO I NEED TO COME?

MINIMUM OF 3 SPACED SESSIONS TO CREATE NEW PATHWAYS THROUGH THE NERVOUS SYSTEM. CONSISTENCY CREATES NEW CIRCUITS FREEING YOU FROM FALLING BACK INTO OLD STORIES.

I WORK IN PERSON AND ONLINE

ACTIVATION CLASSES STARTING 6/11/2023. A 6 WEEK PROTOCOL THAT TAKES US FROM THE ROOT OF THE SPINE TO THE CROWN OF THE HEAD AND BEYOND. TOGETHER WE WILL USE MOVEMENT TO CONNECT WITH AND RELEASE EMOTION WITHIN OUR BODIES. WE WILL UNWIND THE ROPES THAT HOLD US BACK FROM LIVING FULLY IN A PRESENT EMBODIED STATE. THIS IS REAL-TIME HOLISTIC BOOT CAMP, A CHALLENGE FOR THE MIND BODY AND SOUL THAT WILL BRING YOU CLOSER TO YOURSELF AND THE LIFE YOU DESIRE. ARE YOU READY?

BOOK ONLINE AT
[HTTPS://WWW.TRYBOOKING.COM/EVENTS/LANDING/1141067](https://www.trybooking.com/events/landing/1141067)