

Susan White – Mind Body Rest Practitioner

explore the pause – whole body practice

*Aspects of Self* is ideal for people who can relate to being 'oneself' comprised of various different states, moods or energies. As a whole body practitioner, I offer *Aspects of Self* for people who prefer a western talking bridge to connected well being, to restore a sense of balance, ease and renewal.

*What to expect ... What are Aspects of Self?*

Healthy, balanced aspects are informed, often highly specialised yet willing to co-operate to consider different perspectives. Such integrated aspects remain constant and thrive on regular problem solving, enabling us, when ready, to make decisions and follow through reliably with our actions. In these aspects of ourselves, we feel certain, capable and calm.

When faced with stress, shock or exhaustion, vulnerable aspects collapse, freeze or provoke conflict. We say, 'I feel tired, stuck, trapped' or 'I don't know'. Over time, if this starts to interfere with daily life, block healthy activities or threaten relationships, unhealthy habit conditioning has formed.

*Are you longing to resolve, release and adjust to feel differently?*

*Aspects of Self* is effective precisely because it is so individual to your circumstances and to how you talk to yourself – to your sense of self.

*person to person practitioner training*

*from Jung (1875–1961) via Paul Firdern (1891-1950) via John Jack Watkins (1913–2012)*

*via Gordon Emmerson in 2008 to Susan White in London*

In 2008 I met Gordon Emmerson PhD author, trainer, now founder of Resource Therapy International. Wisdom, shared through a golden line of live person to person learning (shown above), made it easy for me to make 3 trips to Melbourne Australia – encircling the world for experiential insight and practitioner training. From this and through experience, my talking bridge practice of *Aspects of Self* has evolved.

As a whole body practitioner, I draw upon professional trainings in physiology, body centred therapies and eco psychology, eastern consciousness studies and restorative yoga. As a renown professional spoken voice coach in London, I have taught performance conditioning (actors / athletes) and whole body care over 20 years. Professional voice website – [www.per-sona.com](http://www.per-sona.com)

A well regarded professional practitioner, I am ready to hear from you — welcome!

Mind – *Aspects of Self*  
talking bridge

- individually relevant
- powerfully effective
- gracefully simple

Body – *Bodyfulness*  
physical bridge

- from senses to sensibilities
- releasing issues from tissues
- easeful physical conditioning

Rest – *Refresh*  
pause

- inner listening
- stilling allowing being
- uniting deeply restorative

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