

One Life Personal Training (OPT)

Every year now, since 1985, there has been at least one Wild Goose Energy Training; in the early days, even two a year, and occasionally then even three, so that's close to fifty Trainings - and almost 1000 trainees - over twenty-seven years. That's a long time - and a good and magic number too...

Now we call a halt on it, as such.

And we introduce the first **OneLife Personal Training**.

This will be focussed more on the individual needs of participants, will include more the freeing of the body from its blocks and tensions, and also the further opening of the heart.

Energywork will still be at the heart of this one year course, and often its methodology too, since it is energy that is at the root of all life. But now our Training Course will no longer be more or less totally oriented on the energy structures, explorations and meditations as hitherto. New work will be introduced, and with that, new trainers.

First, Tiago. Michael and Tiago have known each other for more than 30 years, including a period of being partners. She has supported Michael in many ways over that time, also in his seminars, and more recently has been running whole Trainings herself, both Energy and Diamond Yoga Trainings as well as also Personal Trainings, in England, the Czech Republic and the Ukraine, as well as running regular groups of her own in various countries. She brings a thorough knowledge and intimacy of the Energy Space as well as a very direct way of working with people on their blind spots and ego protections. A gift to any Training.

Then, Abava, from England - Michael's UK seminar organizer over many years, co-trainer with Tiago on her courses in the England, Czech Republic and Ukrainian Trainings, assistant to Michael there too, taking even some sessions, as well as running groups and evenings in his native Bristol and other English towns. He brings a great knowledge of the workings of the body which comes also in the form of body therapies such as Deep Tissue Massage and Myofascial Release,

And thirdly, Mishka, Michael's wife since 19 years, mother of their two sons, Madi & Abechy. She will bring to this personal training her total

immersion in Michael's work over the years, often as an assistant. This has led to her creating a new kind of energywork: Healing Movements, which come also out of her involvement with Tai Chi, Qui Gong, Kum Nye (after the early Tibetan religion of Bon, which is very dear to Michael's heart) and her work in the water (Aqua Wellness). Plus her great learnings of the processes of Biosynthesis, a body-oriented psychotherapy education developed by David and Silvia Boadella that she has been following for the last four years and which provides another approach to the human condition to supplement the direct approach of Michael's work.

So all these new contributions will be added to the movement towards making a deep connection with the universal and timeless space through Michael's intimacy with it and his ability to pass it on, plus the work to increase the capacity of all participants to live naturally and easily in this world, day by day.