



# Trans-generational Gestalt

with Masa Momotake, MA

2019

**DATES:** November 16 & 17, 2019  
**TIME:** 10 am - 5 pm  
**PLACE:** 333 Miller Avenue, Suite 3, Mill Valley, CA 94941  
**COST:** At the Door: \$290.00  
Early Registration by Nov. 9: \$250.00  
Graduate Students: \$200.00  
**REGISTER:** Call: 415.752.7251 or email [ruthbb@sbcglobal.net](mailto:ruthbb@sbcglobal.net)



It is a rare opportunity to experience Gestalt Therapy from a highly respected Japanese trainer such as Masa Momotake. He is part of the first generation of practitioners trained in Japan in the late 1970s. He has integrated Gestalt work into the cultural context of Japan in a truly unique way that offers international students an opportunity to experience Gestalt "Asian Style."

In this workshop you will learn how to:

- Work with your transgenerational family issues in a single session.
- Use your body symptoms to gain awareness and to heal unfinished business.
- Resolve the "family inherited" issues that are behind your current conflicts.
- Work therapeutically with your family members who are not present or even dead.
- Become more present and aware of your body, emotions, and thoughts.

This weekend will be 80% experiential and 20% theoretical for people interested in training and personal development. In addition, you will have an opportunity to work with Masa Momotake on specific issues that you bring to the group as well as issues that arise for you in the moment.



*Momotake Masatsugu, M.A., has a unique transgenerational approach to using the Empty Chair technique as well as a background in body therapy, yoga, and other spiritual practices such as Zen. He is loved throughout Japan for his warm personality and Zen like peacefulness. He is now the head director of Japanese Association of Gestalt Therapy (JAGT) and the most active Gestalt trainer in Japan.*

## Testimonials

I enjoyed the workshop so fully and deeply. Masa is a master. He held each person so tenderly and totally without judgment. He made it possible for the magic of Gestalt to emerge. That is, he made it possible for each participant to do their own work and hold it as their own. I am honored to have been there.

Thank you so much for organizing this wonderful event. It was so nurturing, heart-opening and profound that I am still basking in the afterglow.

It was amazing to witness every session last week with Mr. MASA! Actually, I would say Master MASA. His insight was majestic. He showed us a bigger picture, so much related to everyone. Thank you!

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