



PANTAREIAPPROACH

Embodying the flow of change



OVERVIEW

International Training Program

PANTAREI APPROACH BERLIN 2020

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Welcome



A heartfelt welcome and thank you for your interest in the Pantarei Approach training program. We have been working as a team for more than 15 years and from the beginning have enjoyed the most valuable thing - a shared dream and vision. We want to make the world a better place and we believe that change starts from within each individual.

We invite you to join us in this journey of learning together!

Claudia & Vered

Claudia Glowik & Vered Manasse
Co-founders & Co-directors

Pantarei Approach International Training Program
'Embodying the flow of change'

Why Pantarei Approach?



Pantarei' or 'Panta Rhei' is ancient Greek and means 'everything flows'. The term is known as part of the philosophy of Heraclitus, a Greek philosopher of the late 6th century BC. Heraclitus said:

*"No man ever steps in the same river twice,
for it's not the same river
and he's not the same man."*

When we looked for a name for our Approach, we could so easily relate to the meaning behind Heraclitus' philosophy. We as human beings change constantly - we can only meet the person in front of us in the 'now' and join them in their own process of flow and change. It is still the same person, just as it will always be the same river, but in every moment in time we can notice the changes within us, that create the changes around us.

In the Pantarei Approach, we believe that every person is born with their own wisdom, to know what is good for them and what they want in order to have a fulfilled life. In other words, we are very well equipped to adapt to changes and at being able to change, according to our own circumstances. Our ability to learn and adapt allows us not only to survive, but to live our own life, according to our own unique individuality. At the same time we are connected to the universe and are a part of the overall flow of life.

Benefits of Pantarei Approach



Practicing this approach will allow you to learn as much as you will teach. The growth of your clients will go hand-in-hand, with changes in your own personal development and health. The learning experience will provide you with joy, insights and personal fulfillment; utilizing it as practitioners will enhance your ability to help others and aid them in taking the lead in their own life.

People are born with the innate ability to create change in their own life. Pantarei cultivates this ability by empowering both practitioners and clients. Using the power of communication and touch, Pantarei teaches you how to explore your individual talents and gifts. The Approach teaches clients to deepen their sense of meaning and gain the confidence and tools to better steer their life in their desired direction.

Awareness of the client's body, thoughts, abilities, current situations and personal goals are a key factor in this learning and a large part of the teaching. Each student of the Pantarei Approach is taught how to help clients to overcome obstacles, to deal with chronic conditions, to let emotions be experienced throughout these processes and to gain better clarity of purpose.

Working with our body and tapping into its resources, energy and strength, can help us with any struggle, challenge, or project we may have. This effective

hands-on approach is useful in everyday life situations and teaches clients to build their individual propensity towards a fuller life experience.

Our practitioners come from different countries, have different socio-economic and professional backgrounds and hold a range of qualifications and levels of education. What unites them is their common interest in people, in learning and their desire to contribute to a healthier world. Touching and being touched by people's lives and looking for ways to enhance the experience of living, is a calling that leads students to this program.

Pantarei teaches students a somatic approach that addresses a wide variety of personal goals. Practitioners learn to teach their clients how to have a closer relationship with themselves, which strengthens their ability to handle the challenges life presents to them.

Beyond knowledge & techniques



It's not only about what you do but how you do it. The role of a Pantarei practitioner goes far beyond knowledge and techniques. To best utilise the approach, students must be modest enough to listen and learn with their clients, be clear enough to lead, and be empathetic enough to share the obstacles clients experience on their path. These skills will allow you not only to address the challenges but to rejoice with your clients in their victories and achievements.

Pantarei Approach focuses on the attitude and integrity each practitioner must have, while learning tools to create the desired change in their clients' lives. Touching people's lives and accompanying them through their individual learning is founded first of all in the creation of a trusting relationship.

Everything about the interaction should reassure the client and build on their own confidence to lead their own life. Practitioners learn in many different ways how to create the best learning circumstances for their clients and encourage them to work on their own

personal development and desired changes. We believe that the right support allows people to better grow, expand and achieve their personal goals.

Often clients know what they want to change, but don't know how to do it. A practitioner's role is to be able to listen to and work with the client, to enjoy the path of exploring and together with their client, discovering the qualities, inner strengths and emotions that are asking to be experienced. The path each client and practitioner shares together is unique and a genuine interest in the client is an integral part of the practitioner's role.



Who this program serves



We constantly learn throughout life and are being enriched through our life experiences. Whether you have previous education in this field or not, any life experiences – professional or personal – will be useful and important in your learning with us. Our program is designed to embrace all of your individual strengths, to enrich your own life and the lives of others and their personal development.

We find that there are three main situations in which the approach serves our students best:

LEARNING A PROFESSION

Our professional training program will enable you to become a skilled and confident practitioner of Pantarei Approach. You will know how to accompany your clients through their personal processes to achieve their goals and you'll also receive guidelines if you wish to open and sustain your own viable practice. If you'd like to deepen your knowledge of the Pantarei Approach after our training program, the school offers various educational options to expand on certain topics and to enhance your personal practice.

ESTABLISHED PROFESSIONALS

If you already have a profession, in which you work with others to improve their wellness and achieve their personal goals, our program will impart valued tools and approaches that can be integrated into your existing practice and profession. The learned concept is adaptable, fits into different models of learning and is sure to enrich your current skill set and methods.

PERSONAL DEVELOPMENT

If you exclusively wish to learn Pantarei for your own personal development, you are welcome to join us and we are sure that you will end the program with great tools and new possibilities for your own life as well as for your surroundings and experiences.



The training program & its directors



Claudia Glowik and Vered Manasse ran a somatic training school in Berlin from 2004 to 2016. Each director had already worked for over a decade as a somatic practitioner. In 2016, they decided to use their collective knowledge and experience to found Pantarei Approach, to teach a new team of teachers to lead this new profession with them.

Establishing this new program has given them the opportunity to share a more in-depth version of their 25+ years of experience. Pantarei Approach provides a wide range of students with the opportunity to learn a life changing profession. The first Pantarei School was established in Berlin, Germany. New York is now the home base for our second Pantarei School and we look forward to having even more practitioners in the States and around the globe.

Claudia and Vered are the two inspiring women behind the Pantarei Approach. They have been working together for almost 2 decades and feel themselves truly blessed to be able to spend so much of their time developing and teaching an approach they love. An approach that brings out the unique strengths in each person and plays a part in creating a society that celebrates diversity and change.

Director Vered Manasse

"Wherever you go, go with all your heart"

Confucius

I have always been interested in people and what they have to say: their stories, their views, their unique vision and dreams. No two people are alike, and when a true connection is established, a world of possibility opens up.

Engaging with people from various backgrounds inspires me. I am fascinated by how different people can be; yet when we find a place to connect, we discover that we have more in common than we might have imagined. We all share a language of the heart and an infinite longing to be touched by life.

I am originally from Israel and I immigrated to Berlin, Germany in 2003 to open a school of somatic therapy with Claudia. It was through this, that I realized just how big an influence teaching has in my life and how much I enjoy the collaboration between cultures.

While I consider each person as an entire universe with their own story to tell, that includes their past, their personal mission, and their need to be fulfilled; I love bringing people together and creating bridges that connect. Through the Pantarei Approach, I have the opportunity to be part of an amazing community of people who wish to follow their dreams and make a positive contribution to the world around them.

Establishing the Pantarei Approach after 25 years of practice in the field of somatic therapy is incredibly fulfilling and, is something into which I can pour my love, my intentions, my focus and my drive.

Director Claudia Glowik

"I saw the angel in the marble and carved until I set him free" Michelangelo Buonarroti

The Pantarei Approach was born out of one of the most challenging times of my life. Professionally, I had reached a crossroads that forced me to reconsider how I viewed my life. After over 20 years of working with a particular bodywork method, I felt ready to step up and dare to leave a familiar and predictable path behind me.

In the same year, I became pregnant for the first time, already at the age of 40. Bringing a child into the world challenged me in new ways that I had not expected.

Yet in this time, or perhaps because of it, a deep inner strength arose within me and more than ever before, my passion for creating harmony and positive change in this world manifest. Together, with my dearest friend, colleague and greatest support, Vered, we began the challenge of going our own way; of building the foundations of our very own approach.

The Pantarei Approach is my search and partly an answer to the question: "What enables us to have faith, strength and the ability to handle our lives and moments of difficulty – what empowers us to do so – that leads to more health, growth, healing and learning?"

I'm tremendously grateful that I am able to give back to the world in such a profound way. I am able to teach a profession in which I get to accompany others on their journey, and get to teach students to be able to support their clients to bring out their unique qualities and strengths into the world.

What you will learn



Our program is made up of six modules. Each module is designed to build on the last one. Between each module there will be a period of two to three months, in which you will be encouraged to work with people, to practically apply what you have learned.

MODULE 1

The core values of this profession, the basis of the language of touch and how to combine it with verbal communication. How to notice the inner wisdom your clients have and how to encourage it to be expressed.

MODULE 2

Learn to enrich and improve your verbal communication skills, create a trusting relationship with your clients and to create a state of being, where you include all of yourself while listening and while touching.

MODULE 3

Learn how to relate to the past of your client and to their emotional world. To notice that everything that happened so far can be used in order to enrich the clients' experience today and in the future.

MODULE 4

Learn to notice how intentions can be carried over time and how to link between one session and the other. This connection helps to better make the links between what happens in sessions and the way that may manifest in the client's life.

MODULE 5

Lead your own clients in the best way toward their desired goals. To touch with more precision on different topics affecting your clients' lives.

MODULE 6

Learn to integrate all that you have learned together, to deepen your skills as a practitioner, both in touch and verbal communication, combining them together, while finding the right intensity that will serve your goals.

The core values of our approach



As all clients are individuals who go through their own process, what will guide you in your way of acting with any client, will be the values you will hold. These values will inform your actions.

RESPECT

Respect for yourself and for your clients. The ability to respect others for their individuality and their differences, in a non-judgmental way, will allow your process to become real, honest and meaningful.

EMBRACING INDIVIDUALITY

Both you as a practitioner and your clients are individuals. Your clients will not be given a role model to aspire to, but rather will learn to embrace their own qualities, abilities and complexities.

EMPOWERING LEARNING APPROACH

Whether your client deals with difficulties or achievements, you will teach them to own their own experience, so it can nourish them and empower them.

BEING IN FLOW

Receiving sessions will allow your clients to feel a clearer sense of themselves and therefore a stronger sensation of their surroundings. Being in flow with ourselves and life, leads us to living in harmony within our life.

UNIFICATION OF PARTS

Any process will teach your clients to integrate and achieve harmony between their mind, body and emotions. You will teach them to connect their past with their future and present, so further depth in the process can take place.

SAFETY & TRUST

For a meaningful process to take place, your clients will need to feel that they are in a safe place that allows them to trust. When this is achieved, expanding into their real size and being can happen.

DYNAMIC COMMUNICATION

You will learn to create communication that comes from a place of curiosity, care, and empathy and to be able to listen to both verbal information and attune to non-verbal cues.



As each human has an innate wisdom about their own needs, we trust that given the right circumstances, our clients know what is best for themselves. Knowing how to reach their goals, while achieving greater health, makes the client an equal and active partner in each personal process. The practitioner's approach is to teach and learn this along with their clients.

Each session you will give, will be experienced as a journey with another person and the learned concept - when applied - can be expanded to all areas of a client's life. A shared ultimate goal of each personal process, is for clients to be able to take their lives into their own hands and independently move towards fulfilling their dreams.

You, as the practitioner, will learn to listen to your clients' mind and body and accompany them, while knowing all along that the answers lie within their own body and lives. Your role is to notice it, listen to it, translate it and encourage it to fulfil itself.



Dates & course fees



2020 TO 2021 SCHEDULE

Our next class in 2020 will start on:

The 16th March 2020 and will continue until the 7th May 2021.

Classes involve 235 hours total 'contact hours' or in-class instruction. The classes will be taught by Claudia Glowik, Vered Manasse. The fees are €3800.00. The teaching language is English (elementary level is sufficient).

DATES OF THE SIX MODULES

March Class

Module I	23 rd Mar 2020	to	27 th Mar 2020	Mon - Fri	at Flugwerk, Wedding
Module II	25 th May 2020	to	29 th May 2020	Mon - Fri	at Flugwerk, Wedding
Module III	24 th Aug 2020	to	28 th Aug 2020	Mon - Fri	at Flugwerk, Wedding
Module IV	23 rd Nov 2020	to	27 th Nov 2020	Mon - Fri	at Eden, Pankow
Module V	15 th Feb 2021	to	19 th Feb 2021	Mon - Fri	at Eden, Pankow
Module VI	3 rd May 2021	to	7 th May 2021	Mon - Fri	at Flugwerk, Wedding

Each day of study will start at 9:00 and will continue until 18:30.

Each day there will be a 1,5 hour lunch break and two additional scheduled coffee breaks.

COURSE FEES

The total price for our full program is €3,800.00 which includes a €400.00 registration fee. The remaining tuition is accepted either in full upon registration, in five monthly installments of €680.00 or in ten monthly installments of €340.00.

If for any reason you are unable, or decide not to complete our program, all pre-paid module fees, apart from the €400 registration fee, are totally refundable. Upon receipt of your withdrawal from the program, we will refund your payment for any full module you have not yet attended.

Enrolment information



LOCATION

The training program will take place in Berlin. Modules 1 to 3, 5 and 6 will be in the studio room at Flugwerk Osloer Strasse 12, Wedding. Module 4 will take place in the seminar room of: Eden, Breitestrasse 43, Pankow.

CERTIFICATE

Upon successful completion of our program, students will be able to graduate as certified practitioners of the Pantarei Approach.

Requirements for graduation are based on an on-going evaluation by the teachers throughout the course of the studies. In addition, a final piece of written work will need to be presented at the end of the studies, that should summarize two processes that students are having with current clients of theirs.

How to enroll



Please contact us for an application form.

Enrollment is a two step process. First please contact us for an application form. Once your application form has been reviewed we will send you a registration form to complete and return to us along with your registration fee. Your enrolment will then be finalised and your place in the next available classes will be confirmed. You will be notified of this by email.





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When each of us perceives their path in life as different, as unique, as interesting, as their own, a world of possibilities can open. We not only embrace our being, but also create a better society around us.

PANTAREI APPROACH

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