



PANTAREIAPPROACH

Embodying the flow of change



OVERVIEW

International Training Program

PANTAREI APPROACH BERLIN

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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 20 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 the 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 the Pantarei Approach



Practicing the Pantarei 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.

The 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 are constantly learning and growing through our experiences. Our program is specifically designed to embrace all of your individual strengths, in order to enrich your life and the lives of your clients. As such, any experience you may have in the field of somatic work, or therapy will be useful, however, not mandatory, as all your professional, as well as personal experiences, will be useful in your learning with us.

We have found that there are three ways in which the Pantarei Approach serves our students best:

LEARNING A PROFESSION

Our professional training program will enable you to become a skilled and confident practitioner of the Pantarei Approach. You will know how to accompany your clients through their personal processes, helping them reach their individual goals. You will also receive guidelines and support if you wish to open and sustain your own viable practice. Furthermore, if you'd like to continue expanding on your knowledge and experience of the Pantarei Approach, even after graduation, the school offers various educational courses and workshops for certified practitioners.

ESTABLISHED PROFESSIONALS

If you already have a profession in which you work with others to improve their wellbeing and help them achieve their personal goals, our program will impart valuable tools and concepts, that you can successfully integrate into your existing practice and profession. The material we teach is highly adaptable. It fits different learning styles and will surely enrich your current skillset and methodology.

PERSONAL DEVELOPMENT

If you wish to learn Pantarei for your own personal development, you are welcome to join us. We are sure that you will end the program equipped with a great number of tools and many new options to help you enrich your own life, as well as contribute even more fruitfully to those around you.



The training program & its directors



Claudia Glowik and Vered Manasse are the two inspiring women behind the Pantarei Approach. Prior to this, they ran a somatic training school in Berlin from 2004 to 2016. Each director had already worked for over a decade as a somatic practitioner and in 2016, they decided to use their collective knowledge and experience to found Pantarei Approach.

Establishing this new program has given them the opportunity to share a more in-depth version of their 25+ years of experience. The Pantarei Approach provides a wide range of students with the opportunity to learn a life changing profession.

Claudia and Vered feel 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 consists of seven modules, each building upon the one before it. Between modules, there is a period of about two months for you to practice with people and integrate what you've learned into your own life and sessions.

MODULE 1

Discover the core values of the Pantarei Approach, the foundations of the language of touch, and how to combine it with verbal communication. Begin to recognize the inner wisdom of your clients and encourage them to express it.

MODULE 2

Deepen your communication skills, both verbally and through touch. Learn how to bring all aspects of yourself into your sessions and build a relationship of trust with your clients. Gain clarity about the different elements that shape a session.

MODULE 3

Explore how to relate to the emotional world of your clients. Notice how the same emotions clients struggle with can also be a source of strength. Deepen your ability to stay present with your own emotions as a practitioner.

MODULE 4

Recognize how each client's uniqueness is also reflected in their past. Learn to see how current emotions often have roots in earlier experiences, and how giving space to them supports change.

MODULE 5

Integrate your client's past, present, and future into a single, living process. Include the wisdom of their history in your sessions while staying attuned to the present and the future they wish to create.

MODULE 6

Accompany your clients through long-term processes. Learn how intentions can evolve over time, and how each session can build upon the previous one to support meaningful and lasting growth.

MODULE 7

Bring together everything you've learned and deepen your skills as a practitioner. Understand that when you empower your clients, you also contribute to the well-being of the people and environments they touch.

Core values of our approach



EVERYTHING FLOWS

The term Pantarei originates from ancient Greek, signifying 'everything flows'. Although it may not always feel this way, life is a continuous dance, an awe-inspiring movement. The Pantarei Approach wishes individuals to be in touch with this unique movement within themselves, those around them, and the world at large. We want to support people in gracefully navigating all currents of their lives while staying connected to the collective flow.

EMBRACING UNIQUENESS

Each of us is unique - unique in what we dream about, in everything we've been through, in how we perceive ourselves and the world around us, in what we struggle through, fear, engage with, and love. The Pantarei Approach honors people's distinctive paths and teaches us to connect to our unique and felt wisdom as an essential guide on our journey through life.

MORE THAN WORDS

Communication is at the foundation of any relationship. Each of us communicates in ways that are unique to us. This involves our ability to express and listen not only to what is being said but also to what we feel, sense, and perceive. The Pantarei Approach explores how communicating beyond the exchange of words can deepen our understanding of ourselves and others and become part of any process of desired transformation.

CONNECTION THROUGH THE BODY

While we walk this earth, our body is from where we experience our existence; it is where we sense, perceive, feel, and think. When we include our body in the way we pay attention to ourselves, others, and the challenges we face, we are more present and can make choices that are better aligned with who we are. The Pantarei Approach emphasizes our ability to unify the mind, heart, and soul through the body and find a center that binds all of us to the flow of life.

BEYOND THE SELF

When we are attentive to our uniqueness and the uniqueness of the people around us, we cultivate an inclusive, creative, and enriching process of change that benefits ourselves and the world around us. The Pantarei Approach seeks to foster a community that honors and nurtures personal and collective growth, where people mutually perceive, appreciate, and inspire each other.

These core values go hand-in-hand with the Pantarei Approach Code of Ethics and Professional Conduct of the Pantarei Approach.



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 them. 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.

Every session you give will be experienced as being part of a shared journey together. And what is learned can be applied and expanded into all areas of your 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.

As a practitioner, you will learn to listen to your client's body and mind. You will accompany them while knowing all along that the answers they are looking for lie within. Your role will be to notice, to listen, and to translate these answers for your clients, so as to encourage their fulfillment.



Schedule & course fees



The Pantarei Approach Practitioner Training Program is a hands-on learning journey devoted to practical exploration and direct experience through touch, dialogue, and personal process — rather than theoretical concepts.

SCHEDULE

The training takes place over seven modules spread across **12 to 14 months**.

Each day of study runs from **9:00 to 18:30**, with a 1.5-hour lunch break and two additional coffee breaks each day.

COURSE FEES

The course fee for the full program can be found on our website. Tuition can be paid in full upon registration, or in seven or fourteen monthly installments.

If, for any reason, you are unable or decide not to complete the program, all prepaid module fees, apart from the registration fee, are fully refundable. Upon receiving your withdrawal, 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 in the beautiful Pantarei Approach School in **Dresdener Str. 11, 10999 Kreuzberg**.

CERTIFICATE

Upon successful completion of the program, students graduate as certified Pantarei Approach Practitioners.

Certification is based on ongoing evaluation by the teaching team throughout the course of studies.

In addition, students are required to complete two written reflections describing client processes:

- The first is submitted between Module 5 and Module 6.
- The second is submitted between Module 6 and Module 7.

How to enroll



Please contact us for an application form.

Enrollment is a two step process. 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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