

## The ITP French Connection

### *Celebrating The Power of Practice Retreat in France*

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This summer, we were lucky to host and experience the ITP Power of Practice Retreat on July 1 -3 in Soustons - plage, France. Pam Kramer led the workshop in English while Jacques Moreau and I translated into French. Our dream team of 21 participants traveled from various regions of France, the UK and the US.

We had a beautiful, large room with a view of the lake and nearby sandy beach with lots of space to

do the Kata, random walk and sit to share our experiences. The first two days were dedicated to an introduction to ITP while the third day was focused on LET.

It was quite an experiment to lead the workshop in both English and French, and we succeeded! We were afraid it would be boring to hear the instructions twice, but from the very beginning, our voices were in synch and it worked perfectly well.

Some participants already knew the practice and others not at all. One member told us at the end of the workshop that, after the first Kata of day one, she thought, "Good to start the class with some gym to warm up!"

For new practitioners, it was a real discovery of the Kata, affirmations and energetic practices. Under the skillful leadership of Pam, people not knowing at all what to expect, started feeling their own energy and other peoples' energetic fields as well. They started working with the group energy, and they had fun.

A very important question arose: What is energy? Heat in the hands? Tickles on the toes? How do you recognize it? Are there different types of energy? What makes energy happen? During our sessions, we would first experience the exercise and then discuss and share our sensations followed by questions.

As the weather permitted, on the third day, we went outside in the sunshine, for an experience of the Crystalline State LET exercise and meditation. There was lots of emotion and some tears... and it was time to leave.

Some words from the participants:

“I knew it. I knew all of it, as a little girl. How can I have forgotten?”

“I didn’t expect such a workshop. But there is a special meaning in my being here, not knowing where I was going. I know that reconciling mind and body is an issue for me!”

The ITP French connection is reaching new audiences, and more to come! Oui Oui!!