

## Spotlight on Isabelle Goldie, ITP France group leader

### *How did you become involved in ITP?*

I live in Pessac, near Bordeaux, France. On August 28, 2015, Pam Kramer and Rich Sigberman came to Bordeaux and gave us a workshop of introduction to the ITP Program. There were six of us. We started by doing the kata all together, then worked on a few LET exercises and, after Pam explained a few things, we started thinking about our affirmations.

### *What do you appreciate about the practice?*

I immediately loved it. As I used to practice yoga, I felt at ease with the kata at once. I particularly enjoyed the relaxation time.



During one of the LET exercises, I was in the middle of a center composed by the other people. At some point, I received so much good energy from the group; I felt I was in a warm, red energetic field. I think I remember Pam talking about an energetic pyramid. It felt delicious and very much energizing...

### *What do you do when you meet resistance with your practice?*

Working on my affirmations was the most difficult for me at that point, as I always know better what I don't want than what I want. Working on affirmations obliges me to reverse my usual process...

### *How do you benefit from participating in your ITP group?*

I started to practice by myself and very strongly felt that I needed a group to support me. Nothing of that kind to be found in Bordeaux...and even in France. Never mind! I would create a group. And that's how it all started...

At some point, I talked to Jacques about it (Jacques Moreau and Claire Lustig-Rochet organized the 2015's workshop in Bordeaux. Jacques lives in Bordeaux. Claire in Paris).

He told me "I *will* create a group in Bordeaux."

So what? Two groups in Bordeaux at once?

After a very intense discussion of about 5 minutes, we decided to create a single group together.



I feel so lucky to have someone to lead the Bordeaux group with. Everything seems easier ! We are now seven people in the group. We don't want it to grow too fast. We have everything to learn !

In October 2016, Claire, Jacques and I went to San Francisco. We attended an LET workshop led by Charlotte Hatch and the ITPI conference at IONS EarthRise Retreat Center. We are dedicated practitioners and have formed an association, ITP France. This summer, July 1-3, we will host our own ITP training in Bordeaux with Pam and others presenting. We hope you will join us. YEHO!