



# HAKOMI

MINDFUL SOMATIC PSYCHOTHERAPY



WORKSHOP



## Halko Weiss

Ph.D., DBH, Dipl.-Psych.

Halko Weiss is an accredited Clinical Psychologist, senior Hakomi Trainer, and internationally recognized lecturer on mindfulness, couples therapy, and body-centered psychotherapy. Halko was instrumental in developing the Hakomi Method and curricula now taught worldwide.



## Maci Daye LPC

Maci Daye is a co-founder of the Hakomi Institute of Mallorca, a senior Hakomi Trainer, and an AASECT-certified sex therapist. Since 2010, Maci has led retreats and professional trainings worldwide, supporting individuals and couples in cultivating authentic intimacy, embodied awareness, and erotic vitality.

# Bringing Hakomi's Wisdom into the Heart of Relationships

From the Therapy Room to Everyday Life:  
Deepening Connection, Presence, and Intimacy

**MELBOURNE, FRI 27 FEB - SUN 1 MARCH, 2026**

**A THREE-DAY WORKSHOP WITH HALKO WEISS & MACI DAYE**

As someone with a Hakomi background, you've already cultivated the art of attuned, compassionate therapeutic relationships. But how can we bring these invaluable skills into everyday life—into relationships where our needs matter just as much as those of the other person? And how can we help our clients do the same?

This is the terrain of real-life connections—with partners, family members, friends, and co-workers—where the dance between understanding others and expressing ourselves becomes a true art form.

In this immersive workshop, internationally acclaimed Hakomi Trainers Halko Weiss and Maci Daye will guide you in cultivating deeper, more authentic connections for both yourself and your clients through enhanced communication, mutual understanding, and the transformative power of mindfulness.

We'll begin with tools from Halko's Hakomi and Aware Relationship Training (HEART®), refined through decades of teaching in Europe and Australia. Then, we'll explore ways to bring these practices into the consulting room when working with intimate partners. On the final day, we'll integrate elements of Passion and Presence®, Maci's Hakomi-informed approach to sexuality. Hakomi's experiential methods naturally support the exploration of sexual shame, fears, and desires—uncovering and transforming unconscious patterns around intimacy. By centering on felt experience, practitioners can help clients cultivate presence, attunement, and connection—qualities far more essential to fulfilling intimacy than any specific lovemaking technique.

Join us for this engaging and experiential journey, and expand your capacity to relate with greater compassion, consciousness, and skill.

**CONTACT:**

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## HAKOMI WORKSHOP DETAILS

### DATES & TIMES

**Day 1** Fri 27 Feb 2026: 10.00am – 5.30pm

**Day 2** Sat 28 Feb 2026: 10.00am – 5.30pm

**Day 3** Sun 1 March 2026: 10.00am – 5.30pm

### INVESTMENT

Early bird Fee: \$950 (GST incl.) by 1.12.25

Full Fee: \$1100 (GST incl.) thereafter

2-part payment plan option available.

Deposit to secure place: \$250

Morning and Afternoon tea included.

### VENUE

VINE AND BRANCHES Personal Growth Centre

27 Bonds Road, Lower Plenty VIC 3093

### REGISTRATION

To register, please click [here](#).

### ENQUIRIES TO TESSA PRIEST:

Email: [wellbeingtrainings@gmail.com](mailto:wellbeingtrainings@gmail.com)

## HAKOMI PROFESSIONAL TRAINING INFORMATION

Hakomi Mindful Somatic Psychotherapy is a gentle, respectful method that allows you to access deep, core material, opening the possibility for awareness and transformation.

Composed of memories, images, beliefs, neural patterns, and deeply held emotional dispositions, this material creates and maintains our images of self and of our culturally acquired world. It shapes the styles, habits, behaviours, perceptions, physical postures and attitudes which define us as individuals.

Some of this core material supports our being who we wish to be, while some of it, learned in response to difficult situations, continues to limit us. Hakomi allows the client to distinguish between the two, and to modify willingly any material which restricts his or her wholeness.

In therapy, we first work to build a relationship which maximises safety and the cooperation of the unconscious. With that relationship, we help the client focus on and study how he or she organises experience.

To do this, we establish and use mindfulness, a distinct state of consciousness characterised by a surrender to and acceptance of the happenings of the moment, a gentle sustained focus of attention inward, a heightened sensitivity and the ability to observe and name the contents of consciousness.

In psychotherapy, says Hakomi founder Ron Kurtz, nothing is as useful as mindfulness.

Hakomi Professional Trainings are offered regularly. The aim of the training is to turn out high quality, caring therapists who are as dedicated to fully knowing their own process as they are to the understanding of others.

Each Hakomi training teaches the entire curriculum of the Hakomi Method as outlined by the Hakomi Institute.

### GOALS OF THE TRAINING ARE FOURFOLD.

- First, a deep understanding of the principles of the Hakomi Method and the ability to work with them.
- Second, an understanding of the organisation of personality and character and the ability to use this understanding with discrimination.
- Third, an understanding of the various maps of the therapeutic process and the ability to use these maps and Hakomi techniques precisely and appropriately.
- Fourth, an understanding of one's own personality as an instrument for therapy.

The methods of Hakomi are appropriate and effective in all kinds of therapeutic situations, such as relationships, family, movement and body work, but find their full potential in the process of growth, both personal and transpersonal.

For more information on Hakomi trainings, please contact: **SYDNEY** Karen Baikie: [sydney\\_training\\_info@hakomi.com.au](mailto:sydney_training_info@hakomi.com.au)  
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