

## ZEN TRIGGERPOINT ANATOMY®

Triggerpoints “are lumps, strings, or sheets of tissue that feel hard or slick and when you press on them, the client will feel some pain...”

Every painful trauma in your life whether physical, emotional or chemical is recorded in your nervous tissue. These stored incidents may weigh you down, robbing you of clarity, aliveness and peace-of-mind. They obstruct the flow of vital energy (ki) within your body/mind and between you and the universe.

Trauma housed in the tissue lives there twenty four hours of every day siphoning off energy and contributing to distortions in thinking, feeling and acting.

Triggerpoint therapy works by using pressure to show the person where the pain is so they can look at it and let it go. When the person can re-experience and let go of the trauma and pain, they release it from the tissue and new levels of awareness, functioning and energy result.

This training will present the Zen Triggerpoint Anatomy® techniques of internationally recognized Master body therapist William “Dub” Leigh. Dub has been personally certified by Ida Rolf, Moshe Feldenkrais, and Zen Master Tanouye Tenshin. Instruction will cover major muscles and tendons of the body. Dub’s method builds upon the pioneering work of Raymond Nimmo,

D.C. and Janet Travell, M.D. Nimmo’s approach is deep, direct and focuses on releasing trauma, pain and toxin from muscle tissue.

If you experience pain in your body or have been through trauma in your life, this Triggerpoint Anatomy course can offer you a dramatically effective way to clear your body. Each class will provide time for the demonstration of techniques as well as ample opportunity to trade off with a partner giving and receiving the work in a safe supportive environment. This training will enable you to support the health and well-being of family and friends. No previous experience is necessary.

For the professional, Triggerpoint Anatomy will provide a powerful arsenal of techniques to work deep tissue and the understanding and perspective necessary to apply them effectively. Alignment of the body is basic in this training.

Instruction and practice in Zen meditation will also be included as a basic part of this training.

Students satisfactorily completing the entire training will be certified as a Zen Triggerpoint Anatomy® practitioner.

This training will be taught by Audrey Nakamura and others.

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