

ZENTHERAPY® INTRODUCTORY WEEKEND

This hands-on body therapy workshop – designed and structured for everyone with a personal or professional interest in bodywork – will teach you how to do the following:

- Breathe with optimum efficiency.
- Attain proper posture for a balanced body.
- Meditate to enhance focus, sensitivity, awareness and discipline.
- Release tension, trauma and toxins from the body.
- Transform old, hard, short, non-resilient tissue into soft, lengthy, resilient tissue.
- Revitalize and circulate vital energy in a changed, newly-aligned body.

The work done in the workshop is drawn from the teaching of internationally recognized master body therapist William "Dub" Leigh. Dub was taught and personally certified by Ida Rolf, Moshe Feldenkrais, and Zen Master Tanouye Tenshin Rotaishi.

Elements of structure, function, and *ki* (vital energy) will be presented. Participants will give and receive bodywork and will learn methods of recognizing and relieving different types of chronic pain and bothersome everyday muscle tension. Participants will gain awareness of possible causes of their pain and tension and learn how to alleviate them by correct posture, healthy behavior and good habits.

The workshop will be led by Audrey Nakamura, president of the International Zentherapy® Institute, Inc. Audrey has been certified by Dub to teach Advanced Zen Bodytherapy® 1 and 2, Zen Bodytherapy®, Zen Triggerpoint Anatomy® and Zentherapy® Introductory Weekend. Her other teachers include Tanouye Tenshin Rotaishi, Hosokawa Dogen Roshi and Hawayo Takata.

You do not have to have prior training in bodywork to benefit from this session. And, even if you are trained in other forms of bodywork, Zentherapy® can broaden the range of benefits you can offer to your clients.