

Liberation through the Body
By Jamie van Dam

What do people do most of their day and night, even while they are sleeping? They shift and move through time and space, crafting a pleasurable feeling for themselves and sometimes others. If this is what we are doing (semi-unconsciously) then why wouldn't you want to do these same activities knowingly? Using specific, gentle movement sequences, largely carried out while lying on the floor, we awaken to the wonderful mystery called BODY. Through this approach we can taste freedom--- physically, mentally and emotionally, there is a loosening of our habitual patterning.

Leander Kane is a Feldenkrais Practitioner, and has training in Therapeutic Massage and the Study of Kum Nye (Tibetan form of body--mind healing). Leander will be in Rossland from Oct 16th to 22nd, 2005, her approach is personal with the work being crafted to meet individual needs; there is an emphasis on self-awareness and self--discovery.