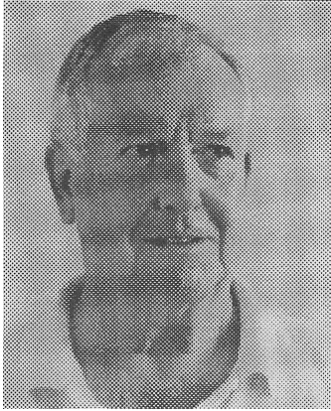


CERTIFICATION TRAINING - ZEN BODYTHERAPY®

Structural Alignment Work
As taught by William "Dub" Leigh.

The "Dean of Bodyworkers" -- Thomas Hanna, author of *Somatics*



SEPTEMBER 2013
6-8 * 12-15 * 27-29
Watertown Center for Healing Arts
17 Spring St., Watertown, MA



Zentherapy® is the style of bodywork developed by the internationally recognized master Zen Bodytherapist®, William "Dub" Leigh. Dub was the only person taught and personally certified by Ida Rolf, Moshe Feldenkrais and Zen Master Tanouye Tensin Rotaishi. Dub practiced and taught this work for over 40 years.

The workshop will be led by Audrey Nakamura, President of the International Zentherapy® Institute, Inc. She has been certified by Dub to teach all levels of Zen Bodytherapy®. A master Zen Bodytherapist®, Audrey has been practicing and teaching this work for 30 years. Her other teachers include Tanouye Tenshin Rotaishi, Hosokawa Dogen Roshi and *Howayo Takata*.

The Body and Zen

This hands-on body therapy workshop is structured for everyone with a personal or professional interest in bodywork.

You will learn how to:

- Breathe with optimum efficiency
- Attain proper posture for a balanced body
- Meditate to enhance focus, sensitivity, awareness and discipline
- Release of tension, trauma and toxins
- Transform old, hard, short, non-resilient tissue into soft, lengthy bouncy tissue
- Revitalize and circulate vital energy in a changed, newly *aligned body*
- Elements of structure, function and human vital energy – Ki, will be presented



What is Zentherapy®?

Zentherapy® is much more than technique. Zentherapy® recognizes that from birth to death, life is a flow of energy. This energy takes shape in our attitudes, our emotions and our bodies.

Zentherapy® releases the aberrations caused by physical, chemical, and psychological traumas and allows the natural form of the body to emerge.

When these aberrations are removed, the energy flows freely throughout the body and between the person and the universe. With this harmony established, we are able to realize our full potential of being and to experience the oneness of life.

\$1,750 New Students - \$1,250 Reviewers * 70 CEU'S**

For Complete Information and Registration Contact
Luakini ma'o Heublein * luakini108@gmail.com * 508-654-8055

Recommended reading: William S. Leigh, *Bodytherapy, From Rolf to Feldenkrais To Tanouye Roshi*
(Available from Luakini. contact information above).