

Announcement:

ZENTHERAPY® INTRODUCTORY TRAINING OCTOBER 12 - 14 2018

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 Sean English. Sean trained with Dub, and assisted for him at Zentherapy trainings in Seattle, and San Francisco. Sean has taught Zen Bodytherapy®, Zen Triggerpoint Anatomy® and Zentherapy® Introductory Weekends. His other teachers include Tanouye Tenshin Rotaishi, and Hosokawa Dogen Roshi.

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.

Register by contacting Sean English.
Email sean@seanenglish.com

Zentherapy® Introductory Weekend
2018 BERKELEY
REGISTRATION INFORMATION

Training Dates:	Friday, Saturday & Sunday	October 12 - 14
Times:	Friday Saturday & Sunday	7:00 pm – 9:00 pm 7:00 am – 4:00 pm
	*Includes 1-hour break (lunch on your own)	
Location:	Rudramandir – A Center for Spirituality and Healing	830 Bancroft Avenue Berkeley, CA 94710
Cost:	NEW STUDENTS US \$200.00 Deposit: \$50	RETURNING STUDENTS* US \$100.00 Deposit: \$50
	*Note: Returning students are those students who have previously completed a Zentherapy® training.	
Bring:	A pillow, sheet, towel, swimsuit (two-piece or sports bra for women), Drinking water. Cushion or small pillow for sitting meditation. Also, please make sure fingernails are cut and filed prior to class.	
To Register:	Please make checks payable to: IZII. Mail your completed registration form with deposit to Sean English (address to the right). The deposit saves a place for you in the class and will be credited towards the final weekend's fee. Please register by September 12, 2018.	Sean English 830 Bancroft Way #109 Berkeley, CA 94710
On Training Day:	Registration period is 30 minutes before the first meeting of each weekend. After you register, help others prepare the space and setup.	Please arrive early!
Contact:	For questions regarding the training or registration (including on training day itself)	Sean English: sean@seanenglish.com or 415-672-3739
Certification Requirements:	You must attend and successfully complete all training days in order to receive a certificate.	
Recommended Reading:	<i>Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi</i> , by William S. Leigh.	

2018 BERKELEY Zentherapy® Introductory Weekend REGISTRATION FORM

Training Dates:	October 12 – 14, 2018
Location:	Rudramandir – A Center for Spirituality and Healing 830 Bancroft Avenue Berkeley, CA 94710

To reserve a space, complete this registration form (below) and mail it along with your deposit (or full payment) to:

Sean English
830 Bancroft Way #109
Berkeley, CA 94710

Name: (as you would like it to appear on your certificate)		
Address:		
City:	State:	Zip Code:
Primary Phone:	<input type="checkbox"/> cell <input type="checkbox"/> home <input type="checkbox"/> work	
Secondary Phone:	<input type="checkbox"/> cell <input type="checkbox"/> home <input type="checkbox"/> work	
Email Address:		
<input type="checkbox"/> Yes, I will bring a massage table to the training <input type="checkbox"/> Yes, I will bring a bench to the training <input type="checkbox"/> Yes, I will bring a stool to the training		

Make Checks Payable to “IZII” (International Zentherapy® Institute, Inc.)

For New Students:	<input type="checkbox"/> Deposit Enclosed (US \$50.00) <input type="checkbox"/> Full Payment Enclosed (US \$200.00)
Returning Students*:	<input type="checkbox"/> Deposit Enclosed (US \$50.00) <input type="checkbox"/> Full Payment Enclosed (US \$100.00)
	* Returning students are those students who have previously completed a Zentherapy® training.
Please register by September 12, 2018. A \$50 processing fee will be charged for canceling registration after September 12, 2018.	