

ZEN BODYTHERAPY®

Every major trauma of your life whether physical, emotional or chemical is held in your body. These stored events weigh you down, robbing you of clarity, aliveness and peace of mind by obstructing the flow of vital energy (ki) within your body / mind and between you and the universe.

Trauma housed in the body lives there 24 hours of every day on the subliminal level, siphoning off energy and contributing to subconscious distortions in thinking, feeling and acting. The vicious cycle of aberrant patterns in structure and functioning is reinforced by lack of awareness of these traumatic episodes.

Sometimes stored trauma will enter the field of consciousness where it is most often experienced as pain in the soft tissue of the body. In reality, this pain is the so-called “tip of the iceberg.”

Zen Bodytherapy® works by going into this pain with manual pressure to gain awareness of the submerged parts of the “iceberg.” When the person can clearly and fully re-experience and let go of the underlying traumatic pain or memories stored in the body, pain releases from the tissue and increased levels of awareness, of functioning and of energy result.

This intensive course will present the Zen Bodytherapy® process of internationally recognized master body therapist William S. “Dub” Leigh. Dub Leigh has been personally certified by Ida Rolf, Moshe Feldenkrais, and Zen Master Tanouye Tenshin Rotaishi.

There are ten Zen Bodytherapy® sessions. Each session follows a recipe for unwrapping, aligning and balancing the human structure. Each session is a continuation of the work done in the previous sessions and focuses on a specific area of the body.

If you experience pain in your body or have been through trauma in your life, this Zen Bodytherapy® course can offer you a dramatically effective way to confront your pain. 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 promote the health and well being of family and friends. No previous bodywork experience is necessary.

For the professional, Zen Bodytherapy® will provide a powerful process to work deep tissue as well as the understanding and perspective necessary to apply them effectively.

Instruction and practice in Zen meditation will also be included as an integral part of this path of healing.

Full certification as a Zen Bodytherapy® Practitioner from the International Zentherapy® Institute, Inc. will be awarded upon successful completion of the entire course. The instructors are Audrey Nakamura, and others.