



ZEN TRIGGERPOINT ANATOMY®

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 Triggerpoint Anatomy 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 reexperience 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.

Zen Triggerpoint Anatomy has three goals: to gain knowledge of the human body as needed in all Zenotherapy trainings; to begin the removal of pain, stress, trauma and energy blocks from the connective tissues of the body; to establish a working relationship between the body, mind, and spirit through zazen and hara training.

This intensive course will present the techniques of internationally recognized master body therapist William "Dub" Leigh. Ida Rolf, Moshe Feldenkrais, and Zen Master Tanouye Tenshin Rotaishi have personally certified Dub Leigh. Dub's approach is deep and direct, focusing on releasing trauma, pain, and toxins from the muscle tissue.

If you experience pain in your body or have been through trauma in your life, this Zen Triggerpoint Anatomy training can offer you a dramatically effective way to confront your pain. Each session includes 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 experience is necessary. For the professional, Zen Triggerpoint Anatomy® will provide a powerful arsenal of techniques to work deep tissue as well as the understanding and perspective necessary to apply them effectively.

Instruction and practice in Zen meditation is included as an integral and mandatory part of this path of healing.

Full certification as a Zen Triggerpoint Anatomy® Practitioner from the International Zenotherapy Institute will be awarded upon completion of the entire course.

The instructor of this course is Audrey Nakamura, and others.