

# In Saskatoon



## Learning from the Voice of Your Body

If you're like the average person, you haven't paid all that much attention to your body. Sure, you water and feed it, rest it when it's tired, and maybe even exercise it. But you likely don't think of your body as being YOU.

From our perspective, the body, mind and spirit are *one*. Your body reflects who you are, and tells the story of your life. Where you hurt physically has much to do with unresolved issues. Pain and illness, a wise person once said, is *your body saying what your voice cannot say*.

The Phoenix Centre for Creative Living presents an inward journey that leads to a change in your outward approach. We explore where you are stuck, what patterns of thought and behaviour exist, and how you hold your pain, tension and hurts in your body.

### **BBC — Basic Body Consciousness**

**Saskatoon — Saturday — 9 to 5, with a break for lunch — cost — \$ 75.00 + GST**

We will explore techniques for learning from your body. You'll learn that tension headaches, irritable bowel, sleeplessness, stresses, ulcers and general aches and pains are signs that your body is holding on to past hurts, fears and traumas.

In this workshop, you will learn powerful relaxation techniques, geared towards helping you to find inner peace and tranquility. We will look at the muscular holding patterns you have developed, which restrict and act upon the energy flow in your body. We will explore specific techniques designed to restore the flow of energy while loosening "body armour" through Body Work. There is much to learn about you by the way you walk, sit and carry yourself. We help you to look at what you are doing to your body, and will teach you techniques (which you will practice on yourself and on other seminar participants) designed to re-align yourself, re-establishing energy flow and releasing tightness. Most importantly, we will discuss and work with proper breathing techniques. With focused, relaxed, deep breathing you will become more relaxed, energized and clear headed.

### **ABC — Advanced Body Consciousness**

**Saskatoon — Sunday, — 9 to 5, with a break for lunch cost — \$ 75.00 + GST**

In order to attend this workshop you need to have attended the BBC course, or have Wayne's permission to attend.

We begin with a refresher on the material from Level 1, and then move into Body Reading — learning to see your own and others' bodies in the framework of Body Armouring and Holding. You'll soon be able to determine where muscles are locked, or weakened, and you'll understand what such blockages mean about how you live your life. You'll learn pressure release techniques, based upon Acupressure points, and will have a chance to practice them. We'll work on posture, flexibility and movement — all geared towards helping you to loosen old holding patterns and free yourself up — for a change.

**Call at , to book your space, or e-mail**