



The Phoenix Centre for  
Creative Living

This Workshop is  
happening in  
Toronto on Sunday,  
March 30, from 10  
to 6.

Location,  
The Provision  
Centre

10 Roden Place, Toronto, Ontario  
M5R 1P5

For a map go to:  
[http://www.phoenixcentre.com/  
training/thegrid.htm](http://www.phoenixcentre.com/training/thegrid.htm)

Cost: \$75.00

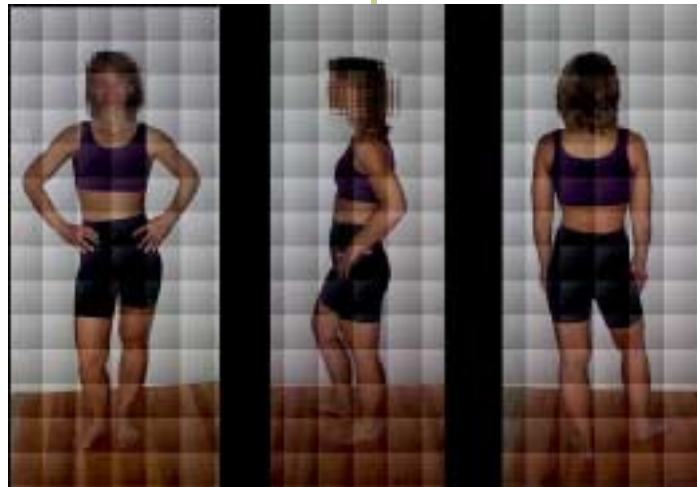
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# "The Grid"



"The Grid" is our latest workshop. For several years now, we've been teaching Bodywork Theory, and we've invited Workshop participants to assist us by "modeling" body parts and sections.

In "The Grid," we've come up with the answer to a thorny issue: how does the person who is modeling get a sense of their own body?

Our answer is to use technology to capture digital views - front, back and side, and imposing upon them a grid. Now, one can see body tilt, imbalances and curls.

This Workshop will consist of a full day of body reading, using several modalities—acupuncture, Western Bodywork, and Chakra theory. We'll make "The Grid" digital photos of all participants, if they choose, and will follow our comments at the event with a detailed e-mail evaluation. We will teach breath and body releases for blocked areas, and provide time to actually try these out.

If you've wanted a "hands-on" intro to Bodywork, if you've wondered about your own holding patterns, if you're looking for simple exercises that can help with your blocks, this Workshop is for you.

**To register, call us or e-mail us at the addresses to the left.**