

The Center for Kinesthetic Education

151 West 30th Street NY, NY 10001

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www.wellnesscke.net

Biodynamic Cranial-Sacral Therapy Workshop

with Maderu Pincione

Friday, October 5th from 2-9PM

Saturday, October 6th and Sunday, October 7th from 10AM – 6PM

Additional workshop: **Moving the CS Rhythm**

with Maderu Pincione and Martha Eddy

Monday, October 8 from 9AM-2:30PM

Costs

BioDynamic Cranio Sacral Workshop: **\$500 (for registration and payment before Sept. 14)**

\$585 (for registration after September 14)

Moving the CS Rhythm: \$100

\$15 charge for using Pay Pal

The rhythms of the Primary Respiratory System (also called Breath of Life) travels through the fluid matrix of the body, and this is what we are experiencing through the craniosacral touch. Synchronized with these natural and metabolic rhythms, the muscular-skeletal system moves; changes and shifts occur in the body alignment, in the CNS and in the self perception. By further sensing the quality of the changes and attuning to the underlying movement rhythms people can make attitudinal and behavioral shifts.

In this three days workshop, Maderu Pincione will present a process of identifying and following the rhythms of the PRS. We will learn how they move through the joints of the skull, spine, and limbs as well as through the meningeal fascia and the fascial diaphragms first with hands-on techniques and then by witnessing the movement.

Moving the Rhythms

This additional day introduces a process that draws upon the work of Mary Stack Whitehouse and Janet Adler (Authentic Movement), Bonnie Bainbridge Cohen (Body-Mind Centering and Katsugen-undo) as further developed by Martha Eddy in her Somatic Movement Therapy Training. The goal is contact the biodynamic CS rhythm in order to deeply attune with oneself or one's client. Using principles from Eddy's work we carefully describe and experience how the rhythm affects personal movement so that each participant can then find deep releases of tension and more ease in movement. The workshop aims to guide each person to be able to recreate this process in future instances.

For further information and to register please go to WWW.wellnesscke.net

Or email info@wellnesscke.net or call 212.414.2921