

MOVING WITH WHAT IS



through **Touch, Movement & Stillness**

with Daniela Coronelli & Roy Whenary

Exploring ways of undoing – physical postures and mental attitudes. Finding space to re-connect to ways of being, moving and communicating, which are both resourceful and re-vitalising



SEIKI

A method of touch which invites expansion of breathing, the harnessing of vital energy, the holding of a balanced posture and a relaxed, mindful, contact

AMERTA MOVEMENT

Unstructured movement, which works by opening the flexibility of the body, in motion and at rest, and by incorporating feelings and thoughts, in the here and now

MEDITATION/SATSANG

Sitting with no agenda other than allowing 'what is' to rise and fall in awareness. Resting in 'Being' neither this nor that. Being in the presence of truth - here, now, with or without words

Daniela Coronelli: is an accredited Shiatsu and Amerta Movement Teacher. She has long-term experience in training and facilitating workshops for Shiatsu Schools and Educational and Health Organizations. She currently runs an established Shiatsu and Seiki Practice in Totnes, Devon. She has continued her professional development with leading international teachers and integrates innovation in her courses. Whilst she is known to teach with passion and dedication, she encourages a safe and trustworthy environment, maintaining a balance between listening and interacting, fostering equanimity and inclusion and supporting change to occur naturally.

Roy Whenary: is the author of the book 'The Texture of Being' (inspired by the non-dual tradition of 'Advaita'), and which is widely acclaimed by fellow writers and teachers. Roy's main influences have been Nature, Jean Klein, Krishnamurti & Nisargadatta Maharaj. His emphasis, in his facilitating work, lies in connecting with what he terms 'the feeling', so we begin to understand more from the feeling than from the thinking. He says "we cannot grasp what we already are ... we can only be it". Seeking solutions outside of ourselves is futile. The healing must begin right here, and now.

Throughout the workshops, there will be opportunities for rest, movement and healing touch. Space will be given to further enquiry, reflection, feedback and sharing of experiences in pairs and small groups

These workshops are open to all with an interest, and require a basic level of physical fitness

Full details: www.lifehealingarts.org 01803-862653/866119