

Touch

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I led a workshop focusing on two principles. The first, in developing the physical ability to affect the body through various ways of working with our hands in palpation, kneading and compression. The second principle, to infuse this touch with reciprocal energetic experience. Our goal was not to just touch the other but to feel through the touch the energetic mutuality.

To this end, we worked extensively with the extensor muscles of the neck and the heavy muscles of the thorax. In addition, we attended to the energy pathways on the posterior of the body and the rings of fascia at the major junctions of the body. We opened and closed with attunement and prayer and created an energetic and spiritual connection.