



WHOLENESS IN POISE WHOLENESS IN MOTION

An Introduction to *Anatomy of Wholeness™*
and *Wholeness in Motion™*

Monday, 30 January 2017 — 10:00 am to 4:00 pm

In the morning David Gorman will introduce you to his deceptively simple but profoundly powerful *Anatomy of Wholeness* work, taking you through a series of practical and experiential demonstrations in which you'll experience that your nature is to operate in wholeness and freedom in all your activities, but you'll take out lots you'll be able to use right away.

In the afternoon with Babette Lightner you'll experience her *Wholeness in Motion* work — a delightful exploratory movement approach in which you learn principles for understanding your body, your balance, your volume, space, mobility, strength, dynamic range, and your miraculous design.

If you are a teacher or practitioner — whether that be Alexander Technique, Feldenkrais or other health practitioners, performance or yoga teacher, etc. — you'll come to new clarity and simplicity of understanding, or new levels of in-touchness and freedom, and usually BOTH. As a bonus, you'll have new tools to help your students or clients learn too.

Come for a day and rediscover the birthright of your marvelous coordinating system. We guarantee that you will take away new understanding about yourself and many practical tools you can use right away in your life, in your work, and in your teaching.

Complete details about the workshop, the presenters, and to register:
www.learningmethods.com/lmw-ca.htm



"This workshop has made a huge difference to me. I thought I used myself well and knew a lot, but now it is so much clearer and I can apply it all so easily. I see how powerfully it affects my students too. Thanks !"

Alexander Technique Teacher

Cost: \$100 (includes HST)

Full-time student: \$80

Location:

Dovercourt House, 3rd fl
805 Dovercourt Road,
Toronto (north of Bloor,
near Ossington subway)

TO REGISTER

[learningmethods.com/
lmw-ca.htm](http://learningmethods.com/lmw-ca.htm)

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