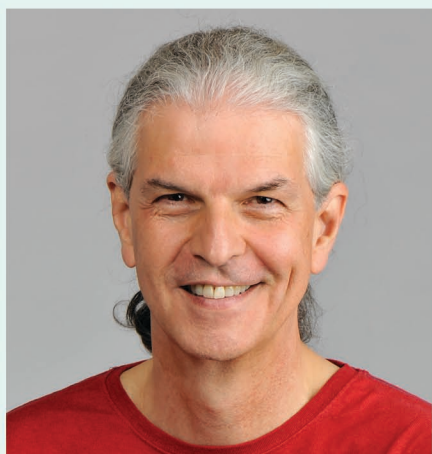


"The deeper I seek freedom, the less I seem to know, the more I am able to give myself up to simply experiencing. All the time I sense there is something 'new' that is waiting to come in, something that has perhaps never been embodied before. I wish to give myself to that act of creation."



David Crean

Therapist and teacher of heart-centred work, David has developed a remarkably effective approach to health and wellbeing that applies to both the medical-therapeutic context and in everyday life. His clients include adults, children, business leaders, therapists, refugees, people in prisons and animals. He is internationally active as a therapist, speaker and seminar instructor for Body Resonance.

Body Resonance grew out of his own healing journey which began in the theatre where he worked as an actor and director. Fascinated with the connection between mind, body and spirit, David studied with a wide variety of teachers, from doctors and chiropractors to native Canadian elders and spiritual teachers. He is trained in a number of therapeutic techniques including CranioSacral Therapy, Alexander Technique, Laban and Feldenkrais among others.

David seeks to encourage each person to recognize and develop their individual potential and to discover ease beyond physical or emotional suffering.



For information on course dates, location and costs: please see insert.

For further information:

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www.bodyresonance.org

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Body Resonance

A Quantum Medicine Approach

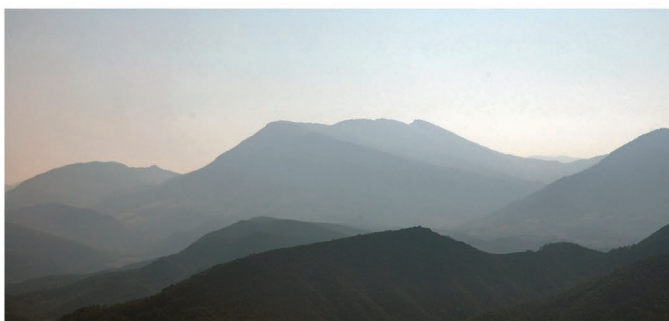
Body Resonance

A Quantum Medicine Approach

Body Resonance is an individual and collective journey in conscious living. It is a training in all aspects of our lives, guiding us to discover the art of authentic being and how to open ourselves to the potential of our naturally free and loving nature. This is a journey that values and enriches our existence.

Body Resonance is a means rather than a technique. It is an invitation to become aware of and let go of our own boundaries. It encourages unlimited personal creativity which can lead the individual to emancipation from limited concepts and habitual tendencies. This is a powerful process which transmits and encourages others to the same.

As an approach, Body Resonance can be applied to any technique or method - whether therapeutic, or in an organization, or in other contexts such as teaching or coaching - as it encourages a more open 'field' in which greater ease and harmony can arise.



A Seminar for Professionals

Discover your untapped gifts: a two-year course

This course of further education is directed towards everyone who wishes to enhance their life both personally and professionally.

The challenge will be to let go of all ideas and concepts you have about yourself and your work. From within a space of "not knowing" each participant deepens their experience of and connection to the wisdom of the body; and the body – in connection with all that is – directs the process of coming into balance.

When we move from asking the question "Why is this so?" to "How am I participating?", we undergo a transformation from resistance to acceptance and we become more fully in connection with the healing field.

The emphasis of these workshops is experiential within the theoretical framework of Body Resonance and quantum medicine.

The Seminar Series

This 5 part series consists of 4 weekend seminars and a final 5 day intensive workshop.

- Part 1: In Connection
- Part 2: Self-Care for the Healer
- Part 3: Beyond Projection
- Part 4: Witness to Possibility
- Part 5: Not knowing – exploring the quantum mind

For full description please see website or contact the organizer.



Participation is open to all those working either professionally or in a voluntary capacity in the field of physical, emotional and social well-being in support of people, animals or the environment.

The series has been developed as a sequence so that each part builds on the previous one. We seek participants who are committed to attending the whole course. There are only a limited number of places available and participants must complete the series from Part 1 in the order they are intended. This ensures a group working together over the time of the workshops.

Upon completion of the series participants will be able to integrate Body Resonance uniquely into their own work.

