

The wonderful mystery called BODY

16th-25th March 2012

Residential retreat with

Leander Kane

Our bodies hold the key to profound healing. All of our past experiences – physical, mental and emotional – are stored in the body, becoming habitual patterns. During this retreat we will innovatively explore body using gentle movement sequences which free the body of its habitual patterning, allowing our natural wisdom, beauty and strength to emerge. Through paying close attention to the experiences of the physical body, and learning to recognise all qualities that may arise - clarity, openness, centeredness, groundedness, the easing of pain or brightening of mind - a deep healing is able to occur. This focused, mindful way of working allows surprising and sometimes amazing transformations to take place.

This can be both our path of self-healing and the means by which we can be fully and compassionately present to support others in their healing in a very real way. This work is suitable for people of all ages, and those with no prior experience working with the body. For those with an established movement practice (eg yoga, qi gong, massage) this work will add a new and inspiring dimension.

When: 16th-25th March 2012 (arrive 15th)

Where: Dorje Ling Retreat Centre (NW Tas)

Cost: \$580 waged/\$540 concession + dana

If wishing to come just for a few days: \$60/day + dana

The retreat will run for a full 9 days, or you may elect to come for weekends only. Numbers limit: 16.

We would like to arrange as much car pooling to Leander's retreat as possible. Please let Kate know if you can offer a lift, or also if you would like a lift, and the times you would be expecting to travel.



Leander Kane is an inspiring and innovative teacher with many years experience. She has developed this unique and direct way of “Healing of the Whole Self” over 20 years, weaving seamlessly her deepening wisdom through meditation (many 3 month retreats) with her considerable skills as a Feldenkrais Practitioner, massage therapist and Kum Nye (Tibetan form of body healing) explorer. Participants in Leander's retreats enjoy the freshness of her approach, her playfulness, and her supportive, compassionate presence.

A word on Dana.

Dana is a pali word meaning generosity. Dana is a financial contribution made to the teacher to support their work and livelihood.

Dana is Leander's sole source of income so please give as generously as you are able.

TASHI CHOLING DHARMA FOUNDATION

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