

The wonderful mystery called BODY

Leander Kane

Healing and Transforming through Mindfulness

A seven day residential retreat with Leander Kane

Our bodies hold the key to deep healing.



During this retreat we will explore the BODY AS A PATH OF SELF HEALING. This innovative way of exploring the body will take us on a journey of discovery, providing possibilities for a many faceted healing of mind/body.

All of our past experiences, our traumas, and our emotional ups and downs are stored in the body and become our habitual way of being in the world. These patterns can limit our possibilities. By freeing ourselves of these held physical, mental or emotional patterns we touch our true self, our naturalness. The work unfolds as we explore the body using particular, precise, gentle, movement sequences largely carried out while lying on the floor. While resting in this new experience we learn how to recognise, and expand on new vibrant qualities as the clear, bright, alive, mind appears.

When: Saturday 31st October to Friday 6th November,

Where: Dorje Ling Retreat Centre (NW Tasmania)

Cost: \$320 conc/ \$350 waged + Dana.

Contact: Catriona Scott on 03 63635178 or email catriona@tashicholing.net

Leander Kane is an innovative and inspiring teacher of 'Healing of the Whole Self.'

She has developed this unique and direct way of mind/body healing over a period of 20 years, weaving seamlessly her deepening wisdom through meditation (yearly 3 month retreats) with her considerable skills as a Feldenkrais Practitioner.

Leander is a teacher living completely by the gift of Dana, so giving as generously as you are able enables the continuation of her teachings.

A word on Dana.

Dana, the pali word for generosity, is an expression of appreciation for the gift of receiving teachings.

Giving as generously as you are able supports the continuation of the teachings.

TASHI CHOLING DHARMA FOUNDATION

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www.tashicholing.net