

# The wonderful mystery called BODY

15-24 March 2011

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:** 15th-24th March 2011 (arrive 14th)

**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

**Hobart Sessions:** 12-13 March

**Details:** Vacluse Museum, 14 Gore St  
9.30am-5pm, registration 9.15am. Please bring lunch. Morning & afternoon tea provided. Please bring mat or blanket. Cost: \$100. Hobart enquiries: [kate@tashicholing.net](mailto:kate@tashicholing.net) or phone 0432 630 796.

**TASHI CHOLING DHARMA FOUNDATION**

Contact: [catriona@tashicholing.net](mailto:catriona@tashicholing.net)  
[www.tashicholing.net](http://www.tashicholing.net)



**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.