

Sound, Space and Silence - the Art of Communication

with Monica Anthony

'Then to the inner ear will speak the voice of silence.' Patanjali

Rilke wrote: 'These trees are magnificent but even more magnificent is the sublime and moving space between them, as though with their growth it too increased.' Gaston Bachelard, *The Poetics of Space*

This one-day workshop is for craniosacral therapists, psychotherapists and healers who wish to explore both verbal and non-verbal communication on many levels.

Our starting point will be based on the Japanese concept of *ma*, which encompasses the silent, empty space between things, the beats between notes of music, the period between incidents and the comfortable distance between people. 'Ma is not something that is created by compositional elements; it is the thing that takes place in the imagination of the human who experiences these elements.'



The Chinese character that is the written word *ma* is an opening through which light shines, and the function of *ma* is precisely to let the light shine through.

This field of resonance and awareness enables us to engage consciously in deep healing processes and to find and cultivate another level of perception from which even greater clarity and insight can emerge. The day will include meditation, imaging and hands-on work.

Monica is a craniosacral therapist, UKCP registered transpersonal psychotherapist, hypnotherapist and healer with a background as a musician.

This workshop is for a small group with a maximum of 6 participants and qualifies as primary CPD for the CSTA

Venue: 43 Gomm Road, London SE16 2TY (near Canada Water tube station, Jubilee Line and Overground). Fee: £95, Times: 10am-5,30pm

For more information and to book your place, please contact Monica on: 020 7232 2562, email: therapy@monicaanthony.com, or use the contact/booking form on the website: www.monicaanthony.com