

## EXPLORING THE GESTURES OF STILLNESS AND MOVEMENT IN CST

CST mentoring with Melanie Langer

A half day small group to nourish yourself as a practitioner

Friday 13<sup>th</sup> March 2020 Tadworth Surrey

10am-1.30pm £30



*At first you listen to the absence of sounds and call it silence. Then, suddenly, you may be taken by the PRESENCE of stillness where you are ONE with listening itself.* Jean Klein

The intention of this informal half day pop up is to meet the sense of movement and stillness in CST. Away from theory and applied concepts, you're given a chance to encounter your own personal experience of both subtle and more tangible forces without agenda or interpretation. Techniques and working models of CST are respectfully suspended so as to arrive at the core of this work untethered. The reasoning behind this is that each of us has our own unique flavour and style as we settle into our practice and allowing this to emerge and breathe brings potency and clarity to our work with clients.

We then return to the received teachings so as to consider our own experience in relation to these rather than using them to describe what we feel.

The theme for the group is offered as a starting point. However, it is what arises from the group that determines our attention.

I am located conveniently across the road from Tadworth station. Direct trains from London Bridge: 45 minutes.

Counts as 3 hours primary CPD for CSTA

About Me: At the heart of my work is the desire to empower and reveal the deeper self in both practitioner and client. With over 30 years' experience as a practitioner and teacher, I have seen many changes in the field of holistic health and Cranio-Sacral Therapy. Whatever approach is taken, there is always the same biodynamic life force at the heart of our work and how we meet this is unique to each of us. I am passionate about affirming myself and others to encounter this in a quiet trust of unknowing - feeling empowered to sit in the integrity of your own, ever- unfolding skill set.

To book, or for more information call 07968 430241 or email [fabtouch2@gmail.com](mailto:fabtouch2@gmail.com) [www.melanielanger.com](http://www.melanielanger.com)