



September 30–October 2, 2011 (Friday–Sunday)

Connective Tissue: Web of Structure, Web of Chi

Deane Juhan

Learn to embody and energize one of the most fascinating parts of your body. Connective tissue, or fascia, is both a primary structural element and a rich source of energy. Recent research has demonstrated that it is not only the stuff that holds us together (and sometimes restricts our freedom of movement), but also a sensitive antenna for perception and a vital source of ch'i.

This experiential workshop will use slides, lecture, discussion, and meditation in motion to bring clarity and vitality to this important part of the bodymind. You will learn the molecular, energetic, and structural elements of connective tissue and a repertoire of movement meditations you can use to explore and bring greater health to fascia and its many functions in the body.

Deane Juhan, author of *Job's Body: A Handbook for Bodywork*, has been teaching this material and using it in his private practice and bodywork trainings for 30 years. This program is invaluable for massage therapists, movement therapists, dancers, yoga practitioners and teachers, those involved in athletics, people rehabilitating injuries or working to avoid them, and everyone seeking to feel more vital and alive. **CE Credits are available for this program.**

Recommended reading: Deane Juhan, *Job's Body: A Handbook for Bodywork* (Station Hill Press), Chapter 3 and pages 558–563.

Note: Bring light, loose clothing for movement.



Deane Juhan, author of *Job's Body: A Handbook for Bodywork* and *Touched by the Goddess: The Physical, Psychological, and Spiritual Powers of Bodywork*, has been a bodyworker for 30 years. He was a member of the Esalen massage staff for 18 years and a Trager practitioner and instructor for 24. He has taught classes in anatomy and physiology for bodyworkers, yoga practitioners, and therapists of all kinds in the United States, Canada, Europe, and Japan. Deane has a private practice in Orinda, California.
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