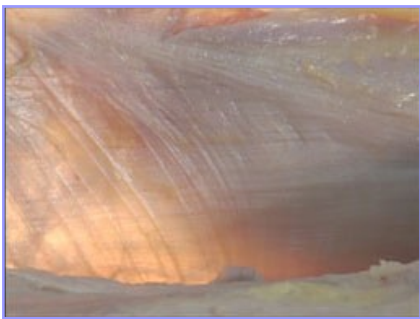


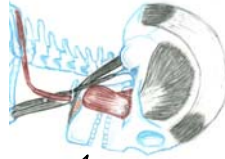
DEANE JUHAN, M.A., was originally trained in-residence at Esalen Institute from 1973 to 1990 and has been a professional bodyworker for 30 years. He is a Trager® practitioner and instructor, with a private practice in the Berkeley area. Deane is the author of *Job's Body: A Handbook for Bodywork* and *Touched by the Goddess: The Physical, Emotional and Spiritual Dimensions of Bodywork*. His workshops have been presented all across the US, Canada, Europe and Japan. Their content is focused on both cutting edge research into many aspects of the body-mind and his years of experience as a practitioner.



DAVE CAMPBELL, LMP, is a licensed massage practitioner and instructor of Kinesiology and Cadaver Anatomy at the Spectrum Center School of Massage in Lake Stevens, WA. He has been in practice for over 20 years and has an enduring fascination with the intricacies of the human body, mind and spirit. He holds a B.A. in Mathematics from the University of California and is a CranioSacral Therapist and a Trager® Practitioner with a private practice in Bellingham, WA. Dave is the author and illustrator of *Mastering Muscles & Movement: A Brain-Friendly System for Learning Musculoskeletal Anatomy and Kinesiology*.



Deane and Dave look forward to these collaborations, and invite you to come to one or more to create and learn with them!



Check out this unique opportunity to deepen your bodywork skills!



Bodylight Books
1707 F Street
Bellingham, WA 98225

www.bodylightbooks.com

Delving Deeper

Somatic Explorations Workshop Series

with
Deane Juhan
and
Dave Campbell

Continuing Education
for Bodyworkers
in Seattle, WA
July 2009 - April 2010

Delving Deeper

Somatic Explorations Workshop Series

Series Origin and Overview

In early 2009, Deane Juhan and Dave Campbell got together to teach a special 3-day version of a Neck, Head & Jaw - Intraoral Endorsement class in Seattle. This collaboration was well received and many participants in the class expressed a desire to attend more of these co-taught workshops. Deane and Dave were pleasantly surprised at how well their teaching styles complemented each other, and at the common ground they found in their approaches to working with the body-mind.

Inspired by the success of the Neck, Head & Jaw workshop, Deane and Dave have put together a series of four workshops to tour the rest of the body. The first of the series is a multidimensional exploration of a key tissue that permeates the entire body: Connective Tissue. The remaining three workshops tour major areas of the body (except the areas previously covered in the Neck, Head & Jaw class).

Each workshop will include lecture/discussion/multi-media presentations, hands-on work, and movement to fully explore the subject at hand.

Benefits

- Deepen the clarity and intention of your work.
- Delve into state of the art anatomical information and its myriad somatic implications.
- Garner hands-on techniques that will enhance your effectiveness with your clients.
- Amplify your ability to see and feel three-dimensionally into the structures, tissues, fluids, and energy of the body.

These workshops may be taken individually, and are also designed to unfold as a developing series.

Connective Tissue: Re-Weaving the Web

Research has revealed that connective tissue is an extremely dynamic and energetic medium which does vastly more than physically contain and connect our pieces and parts. It is a fluid crystal, generator and semiconductor of electricity, exquisitely sensitive antenna, and purveyor of energetic and molecular continuity between all cells in the body. This workshop will deepen your understanding and effectiveness for working with this key tissue of the body.

The Trunk: Core and Container

This workshop will explore the area of the body from the thoracic inlet to the pelvic floor, with its many layers of muscles and fascia, its many compartments, organs and tubes, its many life sustaining functions, its role as core support and anchor for locomotion, and its vulnerability to emotional and postural influences. We will consider the areas and structures individually, interconnected in sub-areas, and connected through the entire trunk and the rest of the body.

Lower Extremity: From the Ground Up

Our feet are our direct connection to the Earth and the platforms of our complex bipedal balancing act. The price that we have paid for the immensely creative use of our arms and hands has been the great responsibility thrown upon our feet, legs and hips for support, balance and locomotion. To serve us well they need to be exquisitely sensitive, extraordinarily strong, and consciously supported in their dynamic alignment and integral functioning.

Upper Extremity: Work, Play, Create

The muscles that empower the arms extend from the skull to the pelvis, attach to every vertebra, and encompass the entire rib cage. They include some of the largest muscles of the body, as well as some of those that are the most prone to occupational and emotional stress. They are the source of a great deal of our creativity in the world; on the other hand, they are also the cause of a wide variety of difficulties that can develop in relation to their habituated holding and repetitive movement patterns.

Registration Information

All workshops will be held in Seattle, Washington, and are sponsored by Jack Blackburn Seminars. For more information, please call (206) 527-0908.

Each workshop runs Friday - Sunday, 9am-6pm
24 CE hours - NCBTMB approved

Tuition for each workshop is:

\$420 two weeks in advance, \$450 thereafter

Three Ways To Register

1. Call Jack Blackburn Seminars at (206) 527-0908
2. Visit www.bodylightbooks.com/classes.html
3. Complete the form below, and send it with a check made out to Bodylight Books to:

Bodylight Books
1707 F Street
Bellingham, WA 98225

Name _____

Address _____

City _____ State _____

Zip _____ Phone: () _____ - _____

Email _____

Check one or more:

- Connective Tissue**, July 17-19, 2009
- The Trunk**, Oct.30-Nov. 1, 2009
- The Lower Extremity**, Jan. 8-10, 2010
- The Upper Extremity**, Apr. 9-11, 2010

of boxes checked: _____ Total Tuition: \$ _____