

Shape-Shifting Journeys through Feldenkrais®

The Elephant: A Sacred Matriarch
with Lucien Demaris

Saturday July 10th , 2010 at 1pm - 4pm
\$35 advance / \$40 door

Surrounded by allegory, shamanic ritual and religious ceremony, Shape-Shifting into other animal forms has been a timeless way to venture beyond our perceived limitations and tackle the unknown. In these journeys, we will embark on an exploration of other animals' skeletal organization using Feldenkrais® movement to remind ourselves of forgotten interactions and evolutionary configurations, in order to expand our movement potential and bring us closer to what nature intended us to be. In this debut workshop we will explore the Elephant form in celebration of RakSa's vision.



Lucien Demaris is a Guild Certified Feldenkrais® Practitioner and holds a Master's degree in Acupuncture and Traditional Oriental Medicine. He is also a Nationally Certified Bodyworker with a private practice at **RAKSA**.

He has been an explorer of human potential through somatic studies and embodiment practices for 20 years.

Call 310.559.7200 to Reserve your Space!!

