

Look Back and Let Go!

with Lucien Demaris

Saturday, November 12th, 1-4pm | \$45 adv. / \$55 at the door

"The softness can overcome the stiffness, the calmness can overcome the agitation."

-Taoist Saying



Through the contemplative observation of celestial bodies, weather patterns, and behavior of all living creatures, the ancient Chinese formulated a template of eight beautiful images to depict all the basic and necessary movements and transformations of Heaven, Earth and Humans. One of those images was expressed by the physical act of looking back at our life and path to account for and let go of any exhausting and wounding habits in order to keep flowing forward. In this workshop you will learn Feldenkrais® movement exercises that will allow you to have a first hand physical bodily experience of this ancient image that you can use whenever you need it in your everyday life. Come, release the old, and start anew!



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 a life-long student of ancient healing practices of South America, and an explorer of human potential through somatic studies and embodiment practices for 20 years.

Call 310.559.7200 to Reserve your Space!

