

# Embodying the Other

## A dance of dependence, independence and interdependence with Lucien Demaris

Saturday, February 19<sup>th</sup>, 1-4pm | \$50 adv. / \$55 at the door



In the process of development that occurs throughout our life with our fellow humans, we learn individual versions of the basic reflex mechanisms of submission, fight, and flight. We each develop our own patterns of attachment to, withdrawal from, and confrontation with others. These reactions are inseparable from physical, emotional and intellectual responses that are expressed daily through movement. By becoming aware of these movements we can gain the power to embrace the dance of dependence, independence and interdependence with others with more intention, elegance and beauty. In this workshop you will learn Feldenkrais® movement exercises that bring body awareness to your reactions and responses with others so that you can direct them in a way that brings you more joy and vitality, and more fluidity and clarity to your relationships.



**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 the Americas, and an explorer of human potential through somatic studies and embodiment practices for 20 years.

**Call 310.559.3100 to Reserve your Spot!**

