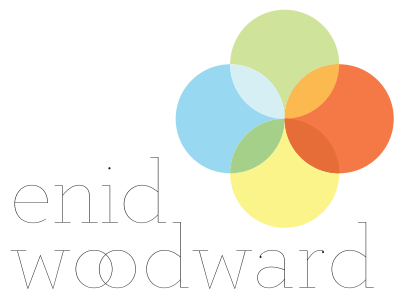


# WisdomBody: Consulting Our Inner Healer

## INTRODUCTORY WORKSHOP



THE WISDOM OF THE BODY

1

### FEET, LEGS & PELVIS

Architecture and weight-bearing alignment from foot to pelvis; bony and soft-tissue aspects; functions of locomotion and fertility; element of fire; spiritual center of vitality and creativity.

2

### LOWER & UPPER ABDOMEN

Architecture of the psoas and crura of the diaphragm; bony and soft-tissue aspects; functions of posture and alignment; element of earth; spiritual center of individual and tribal identity.

3

### LUNGS, HEART & THROAT

Pulmonary and cardiac systems; architecture of tongue, mouth and jaw; bony and soft-tissue aspects; functions of breathing, speech and ingestion; element of water; spiritual center of transmission, vocalization and expression.

4

### HEAD & SPINE

Cranial and spinal architecture; bony and soft-tissue aspects; functions of consciousness, sensory intuition, thinking, corporeal management; element of air; body as visionary.

*What kind of “wisdom” do our bodies possess and how is it expressed? How can we access it to relieve burdens, restore balance and reconnect with our innate wholeness? What does it tell us about the true nature of healing and the inherent workability of whatever we encounter in bodily experience?*

This interactive workshop introduces WisdomBody therapy to healers, instructors and practitioners of embodied and spiritual practices, performing artists, and anyone interested in the profound unity of body, mind and spirit.

Movement and hands-on exercises are woven into discussion of our musculoskeletal anatomy and organ systems, corresponding elemental archetypes, experiential anatomy and subtle circuitry, structural and adaptive issues, present-moment awareness, gross- and subtle-body exploration, and visionary resonance or channeling.

There are no prerequisites for attendees, but participants must register in advance.



**ENID WOODWARD** is a licensed physical therapist and innovative practitioner of the healing arts with more than thirty years of experience in movement, physical therapy, subtle energy work and embodied awakening practices.

**FOR MORE INFORMATION:**  
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