

Cherokee Bodywork Course & Native American Healing Workshop

with Dr. Lewis Mehl-Madrona MD PhD & Barbara Mainguy MA

Healing Professionals (or potential pro's): Learn the amazing bodywork techniques of the Native American Cherokee! Incorporate it into your healing, bodywork, touch or massage practice or help friends and family.

Those Wanting Healing: Experience for yourself the profound healing that the Cherokee have practiced since ancient times.

The Cherokee had direct, hands-on methods of healing and for only the second time in history these techniques are being taught in Australia by a doctor of Cherokee heritage.



30 May - 2 June 2016
Cost: \$500 full, \$395 early bird (31 March),
incl facilitation, lunches, materials,
training & healings.
Location: Warburton, Yarra Valley.
Accommodation and public transport available.



The workshop will include:

- Cherokee touch and bodywork techniques
- Supervised practice of Cherokee bodywork
- Cherokee breathwork techniques, as a means of restoring spirit to all parts of a body
- The incorporation of story, imagery and dialogue into bodywork
- The importance of ceremony, ritual, and intent in bodywork
- Body Movement and manipulation
- Cherokee use of acupressure, energy meridians, crystals, and energy medicine
- Partner and group healings
- Sacred ceremony

A rare opportunity! Book now!

For further information see www.openheartedtransformation.com.au, email info@openheartedtransformation.com.au or call 0407 650 026

More about Cherokee Bodywork:

In this Course we will explore the Cherokee system of body work/massage therapy, and the breath and healing work that constitutes a core of this system.

We will work with techniques for eliciting the story of the pain and/or the injury and explore how these stories aid healing as we work within them and modify them. Cherokee also used energy meridians, massaging of points and how this assists the removal of restrictions to the flow of energy and facilitates healing.

We also move toward energy medicine and healing with light touch, hands above the body, and movement of energy with a variety of techniques, including blowing, sucking, feathering, drumming, rattling, smoking, and direction of intentionality. We see how the subtle energy level connects easily to the level of spiritual energies and beings.

We also learn how to do healing ceremonies in which multiple people can work on one person with the presence of drumming, dancing, and singing. This work fits within a broader context of healing circles and invocation of spiritual energies and spirits for healing and we finish the course with a ceremonial event in which everyone has the opportunity to work on others and to be worked on.

This workshop is for those with and without prior bodywork experience. Some will want to practice giving more and some receiving more. A certification of completion will be awarded for those finishing the course.

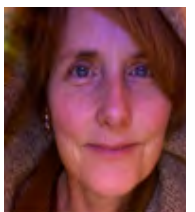
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About the facilitators:



Dr. Lewis Mehl-Madrona MD, PhD, MPhil, Coyote Institute for Studies of Change and Transformation; Eastern Maine Medical Center and Acadia Hospital, Bangor; Associate Professor, Family Medicine, University of New England; College of Osteopathic Medicine. He is of Cherokee and Lakota descent author of the *Coyote trilogy*, *Narrative Medicine*, *Healing the Mind through the Power of Story: the promise of Narrative Psychiatry* and *Remapping Your Mind*

Barbara Mainguy is a creative arts therapist, with a background in art, philosophy and psychology, her MA thesis looked at connections between Lakota healing traditions and psychotherapy. A narrative and energy practitioner of parallel worlds and multiple dimensions, Barbara uses the teachings from elders and her background in philosophy and art to invite people to question 'reality' and its uses for maintaining balanced relationships with the forces that act upon them in the world. Her work with Dr. Lewis Mehl-Madrona has involved energy, story, ceremony, art, movement, drama, music, imagery and Lakota quantum physics to guide people into an approach to self-healing.



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