

MARK YOUR CALENDERS!

ADVANCED SHIATSU III
Monday, January 16, 2006

GENERAL INTEREST, ETC.

- **Introductory Shiatsu Course**
Saturday, January 28, 2006

- **Summer Retreat**
July 2006



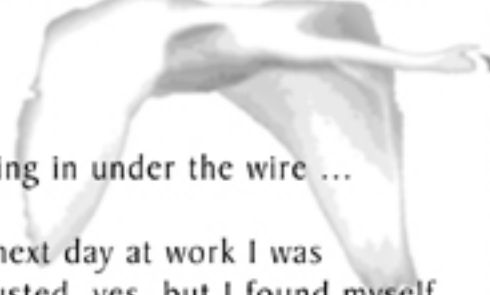
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*celebrating the arrival of winter
at an all night shiatsu retreat*



Why would you want to do Shiatsu and meditation all nite Mom? I don't know? Restlessness sets in as I struggle with sitting and not talking. The internal battle continues as I walk the halls and creaking stairs of 401 Richmond. Im tired - enough is enough Leny. One foot after the other - after the other - after the other - !?!?!?! SEE ! Our feet move together, it's not just me, my pain or my struggle - we are one. I FEEL IT !!!! I am no longer tired, I feel more ALIVE!! Thank-you Again Living Earth,

-- **MARILYN BAKER, E.S.T.**



Coming in under the wire ...

The next day at work I was exhausted, yes, but I found myself smiling through it. It seems that when I force myself to work through pain (physical and emotional) it brings me a special kind of joy. My thanks to everyone who was there.

-- **CAROL CULHANE, E.S.T.**

What's the point of going to the all night meditation? A dozen rationalisations out of it. It's cold to leave Milton, I can't afford it, it will take it's toll on the rest of my week, etc. I went to bed that night and tossed and turned, waking at 4:16 am in the midst of a conversation I was having in my dream state with S. who I hadn't seen or spoken to in over three months! So alive and lucid was this dialogue with my Shiatsu sister that I caught myself answering her outloud. "Yes, S. you and I our connected in more ways through our Shiatsu practise than we will ever understand." That middle of the night impetus was THE reason I made it to Shiatsu the following evening, and proceeded to step into a further dream temporally disguised as a class. They were all there, their souls full and brimming over, my shiatsu family, new faces and familiar ones. It was as if they were waiting for me on cue, an invitation to materialise my projection to S. into the conscious realm. "We are connected in more ways through our Shiatsu than we will ever understand."

one love,

-- **MICHAEL CHRONOPOULOS, E.S.T.**

