



Stillness Touch

How the body unites consciousness and love

Classes with Charles Ridley
Basel 27 - 29 September 2019
Vienna 4 - 6 October 2019
Munich 5 - 7 June 2020

Stillness Touch is open to all people: Meditation practices, mindfulness and contact with inner body felt sense supports the evolution of consciousness and healing, for oneself and also in contact with others. By touching in stillness in a present, open inner disposition, the inherent wisdom can express itself in the body.

Thus the body finds its own way back into the natural primordial state of wholeness. Stillness Touch connects us with everything that is and lets us experience the power of love.

Class topics:

- Meditations in stillness with focus on the inner body-felt sensations.
- feel the changes of inner body space and orient oneself within it
- finding access to whole-body breathing and being guided by it
- to feel and explore various states and dimensions of consciousness and the different aspects within them
- experience orientation points and breathing portals in the body, for example in the head, heart and pelvis.
- to experiment with touch with other people on this basis

In this way we explore how the body unites consciousness and love. We move forward on a path of self-awareness and evolution of consciousness.

Class timing: Friday arrival 9.00 a.m., beginning 9.30 a.m., until approx. 6.00 p.m.
Saturday 9.00 - approx. 6.00 h, Sunday 9.00 - approx. 2.00 p.m.

Cost: Basel CHF 640 (early bird price until 31st of May 2019: CHF 600),
Vienna and Munich: Euro 490 (early bird price Euro 460, Vienna until 31st of May, Munich until 23rd of Dec.)

Venue information in Basel, Vienna, Munich will be received with confirmation after registration.

Charles Ridley studied with the osteopath Dr. DeJarnette, a student of William G. Sutherland. He has more than 35 years of experience in the cranial and cranosacral field and is the founder and teacher of the Dynamic Stillness School.

Charles is the author of "STILLNESS" (2006) and „Präsent in der Stille“ published in May 2019 by Via Nova.

www.dynamicstillness.com

Here you will find an interview ...: <https://www.youtube.com/watch?v=YnAul4iNE5w>

Courses with Charles Ridley for cranosacral therapists, osteopaths and other therapists:

21 – 24 May 2020 in Basel
11 – 14 June 2020 in Munich
3 – 6 September 2020 in Basel (Kurs 2)
24 – 27 September 2020 in Vienna
Infos: www.craniosacral.ch



SPHINX-WORKSHOPS

Büsserachstr. 228, CH-4232 Fehren, Tel.: +41 61 274 07 74
sphinx@sphinxworkshops.ch www.sphinxworkshops.ch