



THERAPEUTIC PULSE

Winter 2010

It's coming into the greeting season..

...so Seasons Greetings one and all. The December nights are definitely here but there's also that nice 'let's light a fire' kind of feeling, which I've never had the opportunity to do before - a plus for countryside living I guess. Anyway, before we go and rake the grate, lay the kindling and light up we just wanted to keep you up to date with how its all been going and, of course, to wish you a very happy festive season!

Inside you will find course info and reviews, up and coming study groups, a couple of articles, one by Stan Gerome called *Who Lives Behind the Mask*, the other from yours truly, *Anatomy to Make You Smile*, details of the new leaflets, gift ideas and a few bits more...

What Do You Want In 2011?

Whether or not you like the idea of New Year resolutions I think it is still a good thing to ponder what you want to create or achieve from time to time, as with a bit of a plan we can focus better on making what we want to happen happen. I haven't thought about mine yet for next year though I have a few ideas...

In case you are thinking about adding CranioSacral Therapy to your therapeutic repertoire or furthering your training next year, we have tried to help a little by offering the next few courses without the VAT increase - just book before April 1st (see page 2). Whatever your ambitions, I hope 2011 will bring them about!

Deja vu?

Some of you will have read parts of this Therapeutic Pulse in recent email newsletters but lots of you have said you would like that hand held, whole story, to read curled up in a comfy place... mine's by that fire of course!



***We wish you a Merry Christmas and
a Happy New Year...
and if you don't celebrate Christmas
we wish you a joyful holiday of
whatever sort you choose!***



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Course News

Workshop Changes

THE JANUARY **CST1** IN COVENTRY IS NO LONGER RUNNING, the next will now be LONDON 8-11 APRIL 2011. The one scheduled for August in Bristol has also been withdrawn (I wasn't really thinking the 'holiday time with two small boys' thing through very well!!)

THE **SER1** 28-31 JANUARY 2011 will now be in **BRISTOL**.... apologies for any inconveniences - though I know the change of location is very convenient for some. The Bristol venue works well and we have found a good selection of hotels, some of which offer us a discount. There are still spaces so let us know if you feel ready to start learning about releasing emotions from somatas!



The **Advanced 1** is full but we may run another one, later in the year, as there is quite a lot of interest – I do have a number of names on the waiting list, but please let me know if you have the urge to process, support and share for 5 powerful days on the trot... I will let you know when the dates and venue are confirmed.

There are only 2 places left on the **Advanced 2** 23-27 February. Who are they for...?

After that the next course is the **CST2** in Bristol 4-7 March, a **CST1** in London 8-11 April and of course **The Brain Speaks** in Bristol 20-23 May which is proving a popular late spring destination!

Thanks!

...to all of those who have come along to our first few courses - students and TAs alike. It is such a joy to be sharing this work and getting it out there in the world.

I posted on the UIUK Facebook page last weekend (do go ahead and find us if you are on there. I try to share links, videos and other things you may find useful as well):



CST1 in Bristol - what a great group! One day to go and more people in the world will get to experience this great work...! If all the participants do their 75 practices before the next level that would be 1875 more treatments done. That's gotta be good...

Beat the Course Price Hike!

The price of courses will be going up from April 1st 2011, to keep in line with the VAT increase and general inflation. However, we wanted to be able to offer one more of each early core course before we did this so you can still get the next SER1 in Bristol in January, the CST2 in London in March and the CST1 in April at the old prices (assuming the latter is all paid up by April 1st).

Balances on any of the other 2011 courses that are fully paid up before this date will also honour the current prices but after that date the remainder of the scheduled courses will be £610. This is still very much in line with other courses of a similar quality and we believe that what you get out of each of the courses is worth every penny... and remember too that the more you prepare for each level the more you get out of it!

Course Reviews

SER 2 - Wow, What a Weekend!!

by Lorna Kennard

'I've just got back from Bristol after taking SER2, my brain is fried but I feel fantastic!! We had the wonderful Stan Gerome teaching us and from 10 mins into day one he had us all feeling like one supportive unit, barriers down and ready to tackle our personal issues (and boy we had the lot between us!).

'I came to the course having had some SER work done to start clearing my own personal struggles so I could focus on being good little student and learn lots of new skills. Turns out I had it all wrong! A lot of this weekend is about working through your own 'stuff' and learning through doing that process, plus through helping each other. This is where it really starts to be about clearing through your history / baggage so you can work at your best for others and it certainly did that for me.

'The course is also about understanding the principles and theories that John Upledger has drawn from in developing SER techniques, and if you are still struggling to take the plunge working with SER

after SER1, this course is a definite must for you. The dialogue techniques you work with make the process and role of the therapist a lot simpler and really help take your 'ego' out of the equation. It also expands on the idea of communicating with a specific point in time, giving you tools to help a person work through and complete, for example, a biological process that was left in an unsatisfactory state, e.g. trauma during giving birth. This was one of the most magical and special treatments I have ever had the privilege to witness and its potential to help individuals move on from a traumatic time in their life is incredible.

'Of the Upledger core curriculum courses I have taken so far, I think this has had the most impact and profound effect on me. It really helped make me feel more confident in working with SER, I made huge steps personally and also know how I can continue to take responsibility for keeping my own processing going. If you are in two minds whether you want to move on from CST2 or SER1 then I hope this blog has helped confirm your decision to book on the next available course. I for one am saving my pennies to get on Advanced 1 and keep the learning and the clearing going!'

Also posted on Things To Blog About

Other Course Comments:

'Thanks for such an amazing weekend! It really was an awesome, mind blowing experience.'

'I loved the CST1 weekend, it was really brilliant, everything, the organisation, venue, teaching, the group, learning and the work. Sooo good.'

'Very well paced & I thought the practicals following closely after the theory really helped consolidate the info'

'Stan's insightful & gently challenging approach builds an amazing learning environment which I haven't previously experienced. Has left me with real passion...'

'Never thought I could enjoy psycho babble so much!'

Our Gift to YOU...

OK, so maybe this is the sort of gift that is more about me than about you... As many of you know from my love of the anatomy and the way I teach it (at least I like to think so) I also love the chance to test myself and review material in different ways at different times, so...

I have prepared some quizzes on the things you learn in the different levels of the Upledger CranioSacral Training, perhaps for that moment when you know you cannot fit another chocolate or piece of xmas pudding in, are bored of the in-laws or... the moment simply strikes. Go to **[www. upledger.co.uk](http://www.upledger.co.uk)**, then the **Finger on The Pulse** page and see how you do!

Study Groups

A new **London** Study Group has started, lead by Kiera Petersen, assisted by Gloria Vahid. They will be every couple of months or so, the next one being Thursday 20 January 2011 from 7-9pm. So there you are those of you who have been asking!

For those of you in the **Midlands** help is also going to be at hand again as Mags O'Brien has restarted her study group. These will be in Newport, Shropshire, the next one is February 19th.



Here is the current list of Study Group Leaders & Networking groups. There is a very reasonable charge of £15-£25 depending on the length of the meeting and often a prearranged topic for discussion and practice. Networking Groups (N) are led by those who have experience in leading groups but have not (yet!) done their techniques exam. An updatable list of the dates, locations and topics of the groups they are holding (as far as I have been let know!) is on the 'Training Calendars' page of the website but I have included those I know about below. Please just let the group leader know in advance if you are coming.

We really do encourage you to ***get in touch and get involved***, both to support the leaders who are giving their time and to support your own practice and development – it would be a rare thing not to learn anything or gain from getting stuck into a session!

Group Leader	Location	Telephone	Next meeting
Nikki Campbell CST-D MCSS	Marlow, Bucks	07989 416237	17 December 2010
Jo Crill CST MCSS	Wandsworth, London	020 8674 9901	By request
Fiona Gilbraith CST MCSS	Perth, Scotland	01738 551682	30 January 2011
Maggie Gill CST MCSS	Rottingdean, E Sussex	07967 046943	8 January 2011
Joe Gore CST MCSS	Redruth, Cornwall	01209 315701	11 February 2011
Rachel Harrison CST MCSS	Edinburgh, Scotland	0131 6698966	New Year
Janet Hiller CST MCSS	Abbots Langley, Herts	01923 265370	23 January 2011
Sheila Hoy CST MCSS	Banbury, Oxfordshire	01295 780027	21 January 2011
Mags O'Brien CST MCSS	Telford, Shropshire	07939 049218	19 February 2011
Carolyn O'Neill CST MCSS	Holsworthy, Devon	07717 400152	11 February 2011
Kiera Petersen CST MCSS	Wimbledon, London	07853 370933	20 January 2011
Mary-Clare Scragg CST	Ulverston, Cumbria	01229 586000	8 December 2010
Maggie Silverston	Andreas, Isle of Man	01624 816807	
Lesley Stratton CST MCSS	Pixley, Herefordshire	07957 435276	8 January 2011
Carol Wells CST-D MCSS	Long Ashton, Bristol	01275 463769	New Year
Ann Whittle CST MCSS	Frimley Green, Hants	01252 834784	By request
Rob Williamson (N)	Chelmsford, Essex	01245 283251	16 January 2011

Who Lives Behind the Mask?

Reprinted with permission from Winter 2008 UI Update newsletter

By Stan Jerome LMT CST-D



After teaching Therapeutic Imagery & Dialogue through The Upledger Institute for the last few years, a central theme – a central curiosity – has emerged. I use the word “emerged” because that word articulates something coming out of the void, something coming forward from a deep, non-conscious place.

When I image the non-conscious, I see a place as vast and deep as the Universe itself. Along with this image comes a feeling of mystery and awe. It is a place filled with suns, moons, asteroids, black holes, and a great deal of expanding space. A place of great turbulence, violence and peace. A paradox. The psyche, like the Universe and life itself, is a paradox full of new discoveries, new interpretations of old beliefs, new potentials, more questions, and a great deal of energy. Most people are uncomfortable with paradox. We feel we know ourselves well enough. We tie ourselves up into neat little packages with bows, and we say, “Here I am. This is me. This is the way I behave. These are my attributes, my beliefs, my limitations. Therefore, I know myself.” This is by no means a bad place to be. It can bring stability to our personalities and our lives. But for the inner explorer, this is only a place to begin. Once we’ve looked at this “Persona” and the daily masks we wear, we might be ready for a new and deeper exploration. This exploration might be likened to moving from Newtonian physics into the quantum world. Newtonian physics can explain everything from the workings of machines to the motion and tracking of heavenly bodies – in other words, the Persona, or the outward workings of the Universe. But the quantum world acts more like the “Shadow;” more like what goes on in the private, hidden parts of the Universe and our psyches – that which is concealed behind the mask.

Hiding In the Shadow

The Shadow has become that central theme, the central curiosity in the Therapeutic Imagery & Dialogue (TIDI) class. It is also the first layer of the psyche one meets when moving behind the Persona. But what is the Shadow? How is it formed? Robert Johnson, in his book *Owning Your Own Shadow*, calls it “... that dumping ground for all those characteristics of our personality that we disown...”

The problem is that we try to ignore the Shadow. But sooner or later we will encounter this great, submerged energy in the form of disease or challenging circumstances. First of all, let me say that Shadow formation is a necessary evil, so to speak. Once we learn from our parents and society that certain behaviours are acceptable and others are not, we enter the dualistic world of good and evil. The behaviours, thoughts and actions that are deemed unacceptable are cast into the recesses of the psyche, much like broken toys and old clothes – possessions wilfully relegated to the garbage. If we reflect on the past and remember how many toys and how much clothing we’ve thrown away, we may begin to appreciate the amount of energy stored in the Shadow.

Meeting My Hidden Self

On a personal level, my teenage and early adult years were spent in the entertainment world. I did just about everything entertainers and music personalities are known for. Yet as I travelled around the country carrying on like a musician, I also carried with me a library of religious philosophy and healing. This kept me in some sort of balance.

Years later, getting involved in massage therapy, CranioSacral Therapy and Psychosynthesis, I began the inner work necessary for further psychic growth, though I'm not sure I was truly aware of what I was doing. I was just following some compulsive instinct. I ended up at the Psychosynthesis Institute of Miami and for many years investigated my inner world. I worked on the various characters that emerged until reaching a place of deep-seated rage and hatred. As a child I was not allowed to express anger or dislike toward anyone. Where is that energy to go but deeper into the psyche, gathering more energy and developing into rage and hatred? I learned it was not so important to ask, "What makes me angry?" or "Why am I angry?" but to ask, "Who is the Angry One?" I stayed with the Angry One for months, drawing pictures of him – a fire-breathing dragon – and dialoguing with him.

I still get angry. Anger is inevitable. It has a vital energetic quality. But now anger does not rule me. I can recognize something simple like, "I'm not getting my way right now," and invite that vital energy to solve the problem instead of burning up inside. Much of this insight was not easy for me to admit or to deal with, but actually reaching this point was easier than what was to come.

Finding the Gold in the Shadow

After working with this angry psychic material for a long time, I realized that the Shadow had grown to become the root of my daily actions, and that I had become quite familiar with much of this dark side. Buried much deeper in the Shadow, however, was my own heart, my own worthiness, the light – what Johnson calls, "the gold in the Shadow."

To this day, owning my own noble traits is much harder for me than owning my darkness. Notably, I am both – the Gold as well as the Shadow. The two together make a whole, but owning the nobility is still full of resistance. This is part of my current process in my second half of life.

To be born a child is to be born whole, with both the Gold and the Shadow sharing the conscious psyche. Then society, religion and culture intrude and dictate which traits of the psyche are acceptable and which ones aren't, effectively dividing the child in two and striving to repress the Shadow. The second half of life is the time to resurrect ourselves from this psychic graveyard and find wholeness again by reintroducing the Shadow into our adult consciousness. Awareness of these polarities can truly help balance our lives. We must own both aspects of ourselves or remain bewildered about who we really are. This balance can be maintained through ritual, art, dance, music, or any harmless avenue we choose to play out these darker aspects. But know for certain that they must be entertained. Along with this work comes a newfound sense of understanding. We can see ourselves more easily in others, and we see we are not so different. There is a new feeling of patience, kindness and grounding, and a knowledge that we're all in this mess together. It is the same thing we see and feel on the table in CranioSacral Therapy.

In solitude or wherever men and women gather, the Shadow follows. Every relationship, office, institute, community, political party, religion or country has a Shadow – both personal and collective. Everyone wants more tools and techniques. But, as I say repeatedly in the TIDI class, the best tool to bring to the table is being a more integrated therapist. Carl Jung said, "One does not become enlightened by imagining figures of light but by making the darkness conscious." To begin to see the Shadow in this light is to truly begin the journey toward understanding the self and others. The light behind the Shadow Shines through at the end of the day. So don't be afraid of your own Shadow.

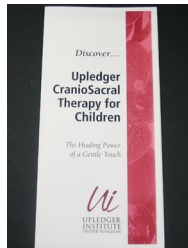
***Spend 4 days with Stan at
Therapeutic Imagery & Dialogue 1
2-5 December 2011, Coventry***

Product News & Gift Ideas

Personalised Leaflets Now Available

We now have the standard *Discover CranioSacral Therapy* leaflets available. We have redesigned them to enable you to personalise them on the back with your own clinic and contact details. You can order them online on the Shop for Resources --> CST Related Products page or contact us for an order form.

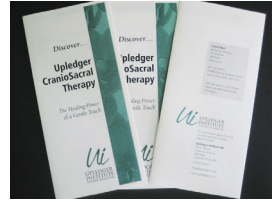
We also have the *Discover CranioSacral Therapy for Children* leaflets in a matching design but different colour for those of you who have taken the Paeds classes.



Prices:

£15 for 50
£25 for 100
£45 for 200

plus postage
of £1.75
per 50



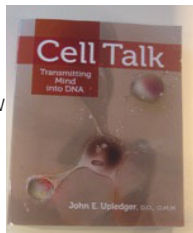
Gift Vouchers

Gift vouchers are available on the website for £5, £10, £20 & £50. So if you have any CST friends who you gift to then that's a way of doing it - or if you have a family member struggling for what to get you then circle this section and leave in a strategic place! Gift vouchers can be put towards any products or courses.

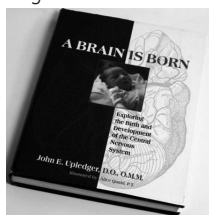


The Books are Back in Town...

...But not for long. *Cell Talk* was reprinted in paperback this summer and I ordered some which have sold; going to reorder again, they only had 5 left and didn't know when the next reprint would be. So I snapped them up to have available... until they are gone! This is one of my personal favorites of Dr John's books.



Also, *A Brain is Born* is finally out in paperback. It's taken ages for the printers to get round to this apparently but they have finally got it to the press again. I have copies for anyone interested. It is also the required reading for *The Brain Speaks* next year.



The Body Cube



Cost: £6.50

The 'cube' consists of 8 small cubes, which are covered with quality, rip resistant synthetic paper. You can't help but play with it to find all the well labelled pictures of the different body systems. They include the anatomy of the bones, muscles, nerves, digestive system, urinary system, heart, blood vessels, lungs, eye, ear, skin, teeth and womb... all very cleverly fitted together.

All this, and more, available on the website's Shop for Resources pages!

Anatomy That Makes You Smile:

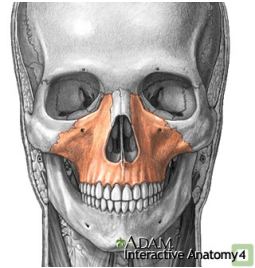
For those of you with an interest in anatomy who read last time's Magic of the Temporals* you may recall I promised a look at the maxillae next. Why are they interesting? 'They' because of course there are two (maxillae = pl), that meet along the middle of the hard palate, 'interesting' because they have a number of things going on that are not immediately obvious from the typical front view of the skull.

The first thing you may notice if given an individual maxilla would be the presence of the teeth – or, if lacking teeth, a lot of holes for them! These are obviously at the lower end, all the way round the curved side section of the bone which is marked by ridges or 'alveolar processes', the fronts (and backs from the other side) of the holes. The teeth fit into the holes and are held there by fibrous joints called gomphoses. Of course in a newborn skull there are no holes as the teeth have not yet 'carved' them out.

The maxillae meet in the midline, where they align below the 'anterior nasal aperture' (the upside-down heart shaped entrance to the nasal cavity), between the front two teeth, and the back part of both bones makes the flat shelf of the hard palate deep to this. If you place your thumb in your mouth behind and above your teeth and move it backwards along the hard palate you will feel just how steep the incline is into the roof of the mouth. Then, hold your thumb behind the teeth with a finger below your nose and feel just how thick the bone is there. However, further back at the roof of the mouth the bone is thinner. The maxillae make up about $\frac{3}{4}$ of the hard palate – the back $\frac{1}{4}$ is provided by...? The palatines. We will see what happens above this in a moment.

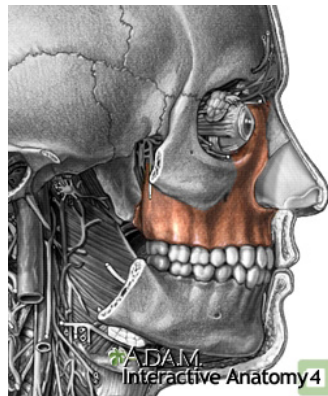
The Maxillae

By Caroline Barrow

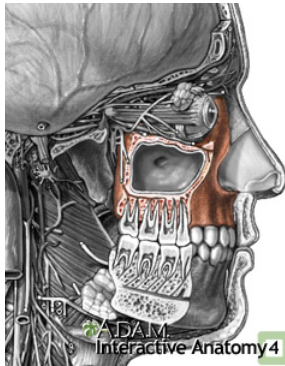


The next most obvious thing looking from the front are the projections upwards and sideways. These are the frontal process and zygomatic process respectively, reaching to articulate with the frontal and zygomatic bones. The frontal process also articulates medially with the nasals and laterally with the lacrimals, but I guess that would get really longwinded had they tried to name it the frontolacrimonasal process... Anyway, you can feel the position of the zygomatic-maxillary joint if you palpate fairly deeply along the underside of cheek bone from the maxilla outwards – there is a little upwards dip just before the two bones meet. This part is a fairly chunky piece of bone, in contrast to the thinner frontal process.

What is more interesting is what happens between these two areas and above the palate... sort of the inside of this bone. The maxilla makes up the anterior, lateral side of the nasal cavity, that is, the front of the side part. But it also makes up a chunk of the floor of the orbit. Let's come back to that in a moment.



The lateral side of the nasal cavity is created by the inside of the frontal process; deeper inside said nasal cavity is the ethmoid bone that contributes the more intricate parts (another story...). So although the bone goes quite far back and is inch or two wide, it is not solid bone. As you can see from this

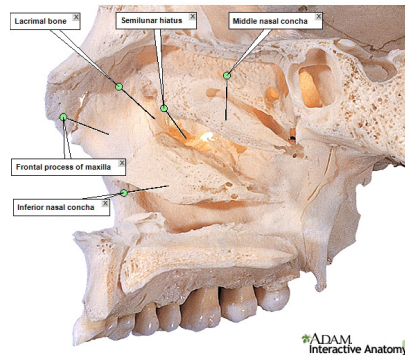


image, there is actually a hole here! It is called the maxillary sinus and is one of the four bones around this area that have sinuses, or holes. (The others? The sphenoid, frontal and of course ethmoid which has many.) These

sinuses are lined by mucous membranes and can get all clogged up when we have a cold! In fact, it is this maxillary one that is the worst to get clogged up. Each of the sinuses have a little drainage tunnel into a part of the nasal cavity, only this one has to drain upwards – you can see the ‘aperture of the maxillary sinus’ in the picture and it is high up in the medial wall – not great for countering gravity’s tendencies. If there is an infection that gets into this area it is much harder to clear and can be very painful.

If you had an individual maxilla this medial entrance to the sinus would in fact look huge, but in situ it is ‘fenced’ in, for want of a better word, by the overlapping of the lacrimal, ethmoid, palatines and inferior nasal conchae...

I mentioned the floor of the orbit. As you can see from the image to the left, the part of the bone that makes up the roof of the sinus also contributes to the floor of the orbit. You may or may not find that all that spectacular but a cool feature of this section of the bone



is also the infraorbital canal, a tunnel in the bone from the back of the orbital surface, exiting at the infraorbital foramen, which you can see clearly in the first image. This canal houses the infraorbital nerve, a branch of the maxillary branch of the trigeminal which takes sensation from this area of the face.

There are a number of other canals within this bone that various nerves and blood vessels travel through to innervate the teeth, as well as the skin and tissues lining the mucous membranes in the area, but we will have to save them for another day.



*The Magic of the Temporals was published in a previous email newsletter, and originally in Choice magazine. You can access it by going to: www.learnanatomyfast.com/UIUK/magictemporals.pdf

We will publish more articles on the cranial and facial bones as time goes on and you can also see them in colour on the weblinks; this one is at: www.learnanatomyfast.com/UIUK/maxillae.pdf

Other Training Opportunities



College of
Body Science

LOVE ANATOMY

Getting your Anatomy Up to Scratch - and Keeping it There!

As excited as people often are about the beauty of the CranioSacral Therapy techniques, there is sometimes a greater hesitation about sitting down and learning the anatomy which is important for the serious therapist. But if you are put off by the thought of long, complicated hours struggling over text books, trying to commit to memory and recall countless foreign terms, then...

Make it easy on yourself...

An honest quote from an email that was forward to me after a class I recently taught:

***'Caroline is possibly the best anatomy teacher that I have come across ever!
The course was wonderfully informative, helpful and challenging.'***

(however do bear in mind that she doesn't specify how many other anatomy teachers she's actually come across...!)

I can say that people who come on these courses do generally have a great time, learn a *lot* in a small amount of time (did I mention they are intensive?), understand the structural stuff **in relation** to what they do and get inspired enough to go back to the books themselves.

In getting **Inside the Cranium**, to **Know Your Nerves** or **Know Your Viscera** we have 2 days playing with the theory, followed by a day in the dissection lab looking at all the structures with pre-dissected cadaver specimens. The 2 day **Know Your Neuroanatomy** has half a day in the lab with some amazingly beautiful brain dissections.

They are designed as post-graduate courses for those who have at least a basic A&P understanding but may also be useful for beginners, as well (usually) as past masters who want to refine and polish their knowledge. At the end of it people really do feel much more confident in their understanding, their ability to visualise structures in 3-d and to apply the knowledge to what they do with their hands.

Hear it, see it, feel it, learn it, know it... and all that jazz.

Inside the Cranium	22 - 24 March 2011	London Bridge	£350
Know Your Nerves	3 - 5 May 2011	London Bridge	£350
Know Your Viscera	21 - 23 June 2011	London Bridge	£350
Know Your Neuroanatomy	14 - 15 September 2011	London Bridge	£220

You can book via the UIUK website but for more details and other free 'revise your anatomy' stuff see **www.collegeofbodyscience.com** or call **0845 108 1088**

Other Training Opportunities

TA-ing & A New Offer for Exam Preparation

For the courses we have run this autumn Carol had scheduled the TA slots from previous requests. Big thanks to those that came along!

I have had lots of requests to TA next year - for those of you who are not sure what I'm on about, TAing refers to Table Assisting which are those wonderful folk who offer up their weekend, at their own cost, to be available to support and assist the teacher and students on a course. It provides a great learning opportunity and a chance to review the material again, however, it does not give you the chance to get on the table and practice.

A good number of the requests I receive is from those who have signed up for the exam and we like to acknowledge this commitment from them by prioritising TA slots. However, the long and the short of it is that there are simply not enough courses run in the UK with large enough numbers to accommodate all of the requests I have had (and which continue to come in). So I have been trying to come up with:

An alternative offer...

Since the main thing for those taking the exam is to check their understanding of the work, their hand positions etc, there is also a huge amount of value in redoing the course as a participant. I appreciate that this is different from TAing but if you are not able to get a TA slot quickly enough to suit your exam preparation I am going to offer a **special retake fee of £200** (instead of the usual £300) but which will also include some time with a qualified TA to ask any specific questions and help you out personally. This is only available to those who have committed to the exam process and does not mean you will be taken off the TA waiting list. If you might be interested please get in touch.

TA-ing Abroad

In general, you can TA at courses anywhere in the world... but starting from a little closer to home, **UIUK-Overseas** are teaching a couple of SER courses next year that would welcome a TA or two. Please be aware you will need to cover your costs to get and stay there.

SER1 28-31 March Wroclaw, Poland

SER1 10-13 February Johannesburg, S. A.

SER2 End September TBC Athens, Greece

If you are interested and have the required pre-requisites please get in touch with John Page via eastercottage@live.co.uk



MERIDIAN COURSE Taught by Carol Wells

**19th & 20th March 2011
Long Ashton, Bristol.**



This two day workshop is designed to enhance your basic knowledge of the meridian system and enable you to have a deeper understanding and viewpoint of this system to use with CranioSacral Therapy.

There will be a lot of practise work interspersed with relevant information and knowledge for you to use and try within your work. It is particularly useful to use with whole body evaluations and regional tissue release.

The practical work will be demonstrated and taught in simple units alongside associated body energy work and understanding your own Qi (energy) using meridian stretches and meditation.

The workshop will be conducted in an enjoyable learning environment.

COST: £150 to include lunch.

Handouts, including a full colour Chinese clock, will be provided. For information on accommodation, venue and further details please contact Carol Wells on 01275 463769 or carolfwells@yahoo.co.uk

Workshop Programme 2011

Course	Date	Location	Fees
SER1	28 – 31 January 2011	Bristol	£565
ADV1	23 – 27 February 2011	Somerset	£1050 + board
ADV2	23 – 27 February 2011	Somerset	£1050 + board
CST2	4 – 7 March 2011	Bristol	£565
CST1	8 – 11 April 2011	London	£565
The Brain Speaks	20 – 23 May 2011	Bristol	£610 *
CST1	10 – 13 June 2011	Perth	£610 *
CST2	15 – 18 July 2011	London	£610 *
CST1	14 – 17 October 2011	London	£610 *
SER1	14 – 17 October 2011	London	£610 *
CST1	2 – 5 December 2011	Coventry	£610 *
Therapeutic Imagery & Dialogue 1	2 – 5 December 2011	Coventry	£610 *
CST2	9 – 12 December 2011	Perth	£610 *
SER2	February 2012	TBC	

* Fees for these courses paid in full before April 1st will honour the £565 price.

Got Your Finger on the E-Pulse?

If you are not receiving updates by email but would like to, please register online and get your **Finger on the E-Pulse** (its rhythm is slightly more frequent than the Posted Pulse!). There are quite a few out of date email addresses that have bounced back so if yours has changed or you've not had any musings in your inbox in the last few months, please do let us know or simply sign up again. We are able to share more articles, ideas, blog updates and news more frequently.

Thanks to those who have responded to the call for **Things to Blog About**, there are some interesting articles and comments on our blog page, about research, study groups, classes, to name but a few - take a look 'n keep 'em coming!



Happy Holidays & see you in 2011!

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UNITED KINGDOM

Therapeutic Pulse

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