

# Bali Advertiser

17 September – 01 October, 2014

*SCHEDULE THAT*



## **Touching Essence and Esalen Massage The Basics (27 – 31 October)**

These workshops come up now and again and have become an integral part of what Bali has to offer. Where else is there such a perfect venue? The workshop will introduce the 12 Essential Elements of Esalen's approach to healing through touch. A special focus will be on quality of touch, breath awareness, centering and sensitive rapport between partners. Participants will learn to safely give and receive feedback about massages with each other. In case you are wondering what the 12 Essential Elements are here's the list: awareness and attention, affirmation and visualization, intention, invocation, breath, presence, contact, long flowing strokes, variation in pressure, pauses for integration, moving the body and closure. The syllabus will include plenty of guided practice time as well as lectures. This workshop will appeal to novices with no massage experience who want to learn basic skills, skilled professionals wishing to expand their massage portfolio and health care professionals. Ellen Watson, will lead the sessions, a world-renowned movement teacher and global change catalyst and has a wealthy portfolio of experience in massage , yoga, dance and meditation. This is definitely worth attending if you are in this field of work.



When : 9 am – 5 pm  
Cost : USD 590  
Where : Bali International Spa Academy, Jalan Sekuta, 57A Sanur  
Contact : 281289 / 08113800301 or admin@balibisa.com