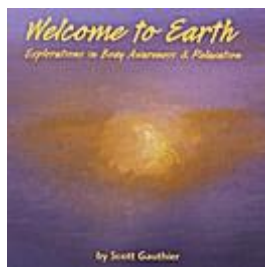


# Mp3 Scott Gauthier - Welcome To Earth: Explorations In Body Awareness & Relaxation



[DOWNLOAD HERE](#)

A collection of 2 explorations into the nature of awareness and a clear easy to follow method for deep relaxation. 5 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details: I work with clients doing a work called Structural Integration, that changes people's shape, posture, and movement patterns restoring them to a more natural form and freedom. A critical part of this work is in the focusing of awareness into body. As I work with new clients, I often ask them to move awareness into different parts of their body. For many this is a new idea. Once this skill is learned and practiced, clients often experience that relief and healing. They also learn that different parts of their bodies may have different feelings and needs. Once expressed, the whole person can then change and heal at an accelerated rate. I put this CD together so that you can get a jump start on your body awareness and healing work. Getting the most out of a Massage-Bodywork-Movement-Yoga session. Imagine getting a massage when you already know how to consciously relax. The benefit of the work can then go deeper, opening you up to new levels of experience. When a physical therapist, trainer, or movement teacher asks you to move your arm or leg in a new way, you will have the skills to find that part of your body in relationship to the rest of you. Whether doing Alexander, Feldenkrais, Pilates, Hellerwork, Rolfing, Structural Integration, Dance or Yoga the skills learned on the CD will allow you to get started faster. Awareness, Change, and Pain Awareness itself is the master of change. Bringing awareness into an area of the body activates change. So often when a body area is uncomfortable or aching, we withdraw awareness from the area and quite unintentionally shut down the body's curiosity of how to change it for the better. By just being aware of what is, the drama of pain and discomfort lessens. Join your body on this enlightening exploration of life and consciousness. The three explorations on this recording are best done at separate times. Each

exploration is complete in itself. You will need time to rest and integrate after each . Introduction  
Exploration #1: Scanning your body for information, reawakening your body's ability to sense and feel, beginning a conversation with your body, saying Hello. Exploration #2: Moving awareness intentionally through your body. Reuniting the body's sense of wholeness. Introduction to Exploration #3: About affirmations. Exploration #3: Deep Relaxation Sequence. Deep relaxation, letting go of stress, being in a state of mental clarity and total relaxation, and returning to an alert, aware and awake state. About Scott: Scott Gauthier, an advanced practitioner of Structural Integration and Movement Education specialist, lives near Charlottesville, Virginia. Currently a teacher and therapist, Scott has been involved in the education of the body for more than 20 years. A graduate of the College of William and Mary, where he majored in physical education and philosophy, he holds a Master's in physical education from James Madison University. A former gymnastics coach, Scott unites his interests in the body and philosophy in the practice of Structural Integration. He was trained in Structural Integration by Peter Melchior and Emmett Hutchins with movement and awareness training by Dorothy Nolte, PhD. Scott has also been trained in Gestalt therapy, past-life regression, and vital impulse.

[DOWNLOAD HERE](#)

Similar manuals: