

D y n a m i c S T I L L N E S S

Charles Ridley

Restoring Body to its Natural State: The Art of Transmission through Touch

June 25th & 26th | Natick, MA



Charles Ridley's love for cranial work began in 1973. He currently offers a non-medical, evolutionary approach to touch that honors the 'body as consciousness and expression of love.' Through conscious, embodied presence, words, movement or direct hands on contact, body itself leads us on the mysterious 'silent' inquiry of, 'what is body?'

Open to anyone desiring to restore the Body to its original state through embodiment of Stillness, Presence, and Touch. Through stillness practices and non-doing touch – letting what is be as it is – we transmit our essence, as unconditional love, to another.

June 25th, 10am - 5pm | General Public \$150.00

Finding your Gateway to Stillness

We'll learn to embody Stillness - as gateway - through which we contact the wisdom of the body, which is the flow of life in the inner body space. By repeated contact with life's inner body flow, we gradually cease self-intervention and gain access to the body's natural state. We neither interfere with, collapse into, nor leave ourselves amid contact with the self-revealing depths of Dynamic Stillness.

June 26th, 10am - 5pm | Practitioners Only \$150.00

Stillness Touch: The Art of Transmission

Designed to deepen, through touch, the Stillness Gateway Practices we learned. We will feelingly navigate the tonal stages of touch via the gateway of Stillness. From this embodied state of consciousness, we make Contact, Wait, Come off the body, Closure, Integration, Support and Validation in a way that frees the recipient's unfolding flow of consciousness. Essentially, this class reveals that we are each capable of gifting to another the mystery of Touch as a body-to-body transmission of unconditional Love.

To register and pay for a course and course materials, please visit Charles Ridley's website:

www.dynamicstillness.com



Courses will be held at:

Roots & Wings Yoga and Healing Arts
317 N. Main Street, Natick, MA 01760
www.rootsandwingshealingarts.com