

"To breathe is life...to breathe rhythmically is health."

~ Mabel Ellsworth Todd, *The Thinking Body*

BREATH in Action

~ an experiential workshop ~

In this workshop we will explore the action of breathing and the role of breath in action. Breath as a manifestation of *ki* or *chi*, as the source for voice, and it's relationship to posture, balance, movement, emotion, and consciousness will be examined actively, using Feldenkrais® Awareness Through Movement lessons, aikido and tai chi individual and partner practices, and dialogue. Activities will be structured to insure a safe learning environment for participants and to be suitable for folks with all levels of martial arts experience or none at all.

Instructor Darrell Bluhm, Aikido 7th dan Shihan, certified Tai Chi Instructor and Feldenkrais® Practitioner has over 50 years of martial arts training and bodywork experience, and a life-long fascination with breath.

Wear easy comfortable clothing and bring your curiosity and "beginner's mind."

Saturday, April 27 • 2–5 PM • \$60
777 East Main St, Ashland Oregon



Space is limited, please RSVP. Email info@siskiyouaikikai.org for more information.



SISKIYOU AIKIKAI

Aikido • Iaido • Tai Chi Chuan • The Feldenkrais Method®

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