

# *Circles, Cycles, and Rhythms*

A three-day vibrational journey

Participants in this unique, new course will experience and explore the influence of vibration on the CranioSacral rhythm, energy cysts, organs, tissues, and imagery. Participants will build their own frame drums to use as a source of vibration in circles and treatments. Vibrational medicine has been used since ancient times and is currently being rediscovered as a powerful adjunct to modern healing practices. Rhythm, harmony, melody, and tone color are essential elements, either independently or collectively, in creating a healthy, balanced environment.

Lectures and discussions will include ideas on resonance, entrainment, body rhythms, and rhythms of the psyche. Participants will be encouraged to reconnect with these basic pulses/impulses of life in their own personal ways, which can in turn help develop a deeper understanding of others. Because of the depth of the work and the possibility of somato-emotional release, an SER I prerequisite is required.

Facilitators, Stan Gerome and Linda White, bring their own unique style and experience to the tables in this workshop. Stan, an LMT who has specialized in CranioSacral Therapy for more than twenty years, is the Therapeutic Imagery and Dialogue instructor for Upledger Institute. He is also deeply involved in music. Stan began studying classical piano at age seven and his musical evolution has taken him through the worlds of jazz and pop, onto the professional performance stage, and into the composition of healing music using Native American flute.

Linda, who spent twenty-five years as a television broadcaster, writer and producer, is now an LMT also concentrating on CranioSacral Therapy. Her musical love is building and playing drums, which she has done for more than fourteen years. Linda facilitates community drumming circles and interactive storytelling in cancer outreach facilities and metaphysical centers.

Both Linda and Stan have also worked extensively with the Psychosynthesis model, a form of depth psychology.

Come build one of the world's oldest communication and healing instruments, and discover your body's own rhythmic and psychic stories.