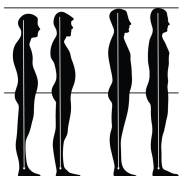




Zentherapy



Zentherapy®
Triggerpoint
Anatomy® 2024

October: 19, 20, 26, & 27
November: 9, & 10, 16, & 17

Location:

**Alexandar School of
Natural Therapeutics, Inc**

4026 Pacific Avenue
Tacoma, WA 98418
253.473.1142

www.alexandarmassageschool.com

POC: Bill Thompson, LMT

Zentherapy®

Zentherapy® recognizes that from birth to death life is a flow of energy. The energy takes shape by our attitude, our emotions and our bodies. Zentherapy® releases the natural form of the body from the aberration caused by physical, chemical, psychological and spiritual traumas.

These aberrations misalign the body and block the free flow of energy within the body and between the person and the universe. The blocks and misalignment prevent a person from realizing their full potential and experiencing the one-ness of all life. Once the blocks are removed and the structure is aligned, the body, mind, and spirit will move to a higher plateau.

Zentherapy® is a synthesis of Eastern and Western cultures. Many different methods and techniques are used to process the body; this includes Dub's teachers Ida Rolf, Moshe Feldenkrais, Lauren Berry, and Raymond Nimmo. Tanouye Tens-hin Rotaishi's teachings are on an underlying source of all Zentherapy® training.

Consciously experiencing and using universal energy is what makes Zentherapy® unique. The zazen training is basic to this work.

From the very first day and throughout the Zentherapy® trainings, special emphasis is placed upon self-development of the practitioner and the development of the client.

It is the goal of Zentherapy® for both the practitioner and the client to become as a child: free of fear, hate, greed, and pain. Fully living each moment by moment by moment.

Zen can play a pivotal role in the development of a world perspective because it is not a dogma, but a method of human development. At the highest level of development, a person experiences the oneness of life and transcends differences. Such a person realizes a depth of maturity in which the suffering of others vanish and a creativity which yields solutions to problems insoluble in a dualistic context. It is through such individuals that a world society culture will eventually emerge.

The training in Zentherapy® requires a new perspective a change in thinking. Differences are resolved and a oneness in thinking, in doing, and in being developed. One realizes that all there is from birth to birth is the oneness with the energy of the universe. Energy is all we are and all we work with.

Zentherapy® Triggerpoint Anatomy® has three goals: to gain knowledge of the human body as needed in all Zentherapy® training; to begin the removal of pain, stress, and energy blocks from the connective tissues of the body; to establish a working relationship between the body, mind, and spirit through zazen and hara training.

If you experience pain in your body or have been through trauma in your life, this Zentherapy® Triggerpoint Anatomy® course can offer you a dramatically effective way to confront your pain. Each class will provide time for demonstration of techniques as well as ample opportunity to trade off with a partner, giving and receiving the work in a safe, supportive environment.

This training will enable you to promote the health and well-being of family and friends.

No previous experience is necessary. For the professional, Zentherapy® Triggerpoint Anatomy® will provide a powerful process to work and align the body. Instruction and practice in Zen meditation will also be included as an integral part of this path of healing.

This training will enable you to promote the health and well being of family and friends.

Full certification in Zentherapy® Triggerpoint Anatomy® will be awarded upon completion of the entire 62 hour course.

The instructor of the course is Bill Thompson, LMT, a Certified Zentherapy® Instructor. Bill has over 15 years of training by Dub Leigh and was personally designated by Dub as a teacher. Bill currently practices in Tacoma, WA.

2024

Dates: October: 19, 20, 26, & 27

November: 9, & 10, 16, & 17

Times: Saturday & Sunday 8:30 am – 4:30 pm

ZENTHERAPY® TRIGGERPOINT
ANATOMY®
Registration Form

- New Student \$400.00 per weekend
Reviewing Student \$200.00 per weekend
Total
4 Weekends @ \$ _____ = \$ _____
Deposit (1 weekend min) = \$ _____
 Remaining Due = \$ _____

Name: _____

Address: _____

City, State, Zip _____

Phone: (_____) _____

Massage Tables and Stools are provided.

Each Student will need: Flat Sheet, Fitted Sheet, 2 Pillows, Blanket, Water, Swimsuit or appropriate underwear, cushions for sitting meditation,

Please send the first week's tuition as a deposit to secure your place. Payment for subsequent sessions is due at the beginning of each weekend. Register early, as space is limited.

Please make checks payable to Alexandar's. Send this registration form and liability release form, along with payment to the address shown below.

**Alexandar School of
Natural Therapeutics, Inc**

4026 Pacific Avenue, Tacoma, WA 98418

253.473.1142 Phone, 253.473.3807 Fax

info@alexandarmassageschool.com

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RELEASE OF LIABILITY

The undersigned, being of sound mind and body, agrees to indemnify and hold harmless the Zentherapy® and Alexandar School of Natural Therapeutics, Inc and each of their practitioners, instructors, teachers, officers, directors, assistants, members, and students from and against any and all claims made or instituted against it or them, arising out of the act of the undersigned while upon any location for the purpose of individual sessions, training, workshop, seminar, practice, or of demonstration, including injury or loss to the undersigned however caused and injury of loss caused by the undersigned to any other person.

I fully understand that nothing told me by any practitioner, teacher, or instructor in this field is a medical diagnosis or prescription, nor a substitute for a medical diagnosis. I realize that it not a treatment for medical emergencies and/or disease and is not intended as a substitute for normal medical procedures as may be suggested by my physician.

The instructor or practitioner reserves the right to refuse or terminate the sessions or the training of any client, student, or prospective student at any time for any reason.

I certify by my signature that I have read and understand this agreement in its entirety and all of my questions regarding it have been fully answered.

Signed _____

Date _____

Presented By

**Alexandar School of Natural
Therapeutics LLC.**

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Tacoma WA, 98418
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Zentherapy® Founder
William S. “Dub” Leigh, D.Z.

Zentherapy® President
Lynn Nakamura, B.B.A.

**Certified Zentherapy®
Teacher**
Bill Thompson, LMT