



BREATH of LIGHT



Preparing for Workshop

RECOMMENDED READING:

Craniosacral: *The Heart of Listening* by Hugh Milne, Vol. 1 & Vol. 2

Both paperbacks or the hardback which includes both volumes in one book.

Recommended chapters prior to workshop:

- 1, 2, 4, 6, 7 ~ background information on the approach and philosophy of the work.
- 16, 17, 22, 23, 24, 25 ~ technical introduction and foundation of craniosacral anatomy.

Bones of the head: Personal research; additional material provided upon arrival.

Chi Nei Tsang: *Chi Massage for the Vital Organs* by Mantak Chia.

Organs: It will be auspicious to know the basic location of the organs. There are many resources available online. Here are two links to get you started:

~ http://www.thehealthcarenet.com/IMAGES/ACC_1587798298.jpg

~ http://www.merck.com/media/mmhe2/figures/MMHE_01_001_02_eps.gif

PERSONAL PREPARATION:

Bring a notebook or journal.

If at all possible and if you are inclined, look into your birth story, memories and early childhood situations. Journal if you are inspired, and ask family members questions if appropriate.

Become familiar with the bone structures in the head.

Be prepared to have fun, work hard, meet people that are like minded and that will help you grow.

Pay attention to your dreams. Meditate, breathe it in....and feel.