**modalities of awareness**

**these are some of the lenses we play with in getting to know ourselves and each other better**

**somatic psychotherapy**

 develops our awareness of the mind body connection by understanding the relationship between the stories we speak of our lived experience and the stories of health and dis-ease we store in our bodies’ memory

**family constellations**

develops our awareness of the hidden intergenerational trauma that may still be reverberating down in our family tree.

**the Feldenkrais method**

develops awareness through movement and the ways in which we organize our functional physical experience of the world.

**kundalini yoga & meditation**

provides an awareness of our multidimensional self through the chakra system.

**biodynamic cranio-sacral therapy**

provides an awareness of where energy meets matter in our body through the breath of life and the cerebral spinal fluid that runs down our spine and feeds our nerves and organs.

**social work**

uses an ecological framework to view how we grow within our environment, within the social contexts of  family, community, culture, nationality as well as in our social, economic & political institutions and in the collective dimensions of existence

**bodywork and massage therapy**

address the healthy orchestration & interplay of our body’s physical & physiological systems through touch.  healing involves following the body’s story and restoring the inherent health that may have have been disrupted by injury.  this includes listening for the healthy or dis-eased relationships between various body systems, including the interplay of our skeletal, nervous, muscular, respiratory, endocrine, immune, cardiovascular/circulatory, urinary, integumentary, reproductive, and digestive systems.