

Gestures of Intimacy: *Diamond Approach® Five Movements Practice*



Any movement we make can take us closer to the heart of our being - not just a gentle touch or warm smile, but the way we lift an arm, breathe, or take a step. When our awareness becomes more refined, every gesture can become an expression of intimacy, sincerity, and immediate appreciation. Our most simple, personal actions can be felt as the universe sensing itself.

From the teachings of the Diamond Approach and the Five Movements Practice, we will use meditation, movement and inquiry to explore the remarkable landscape that lies within our body's movements.

This practice brings us a greater sense of balance and alignment, awakens us to presence, and helps us access inner clarity and depth in new and enriching ways.

Walker Center, 144 Hancock St.,

Auburndale, MA

June 7, 7- 9 pm

\$25

Facilitator: Greg Knight is an ordained Diamond Approach® Teacher and Advanced Rolfing® Practitioner. He works with students in RI, MA, and by Skype.

“When your awareness of the body is free from any image, experience moves to a different dimension. Your body is actually your entry into the mystery.”

- A.H. Almaas

To register or for more information, contact Greg at greg@gregoryknight.net.