



Dear Zen-Stretching® practitioners

I'm very pleased to announce the organization of the 2° Level Course of the Training Program for Zen-Stretching® Facilitators.

Who could be interested in participating in this seminar? It is addressed firstly to anyone who already took part in the intensive or weekly basic course at least once. This allowed you to know the Masunaga exercises system for the evaluation and improvement of your own energetic balance through the selected use (according to your own condition "here and now") of the most appropriate positions and movements.

In 1990 I created this modality for choosing the exercises in a systematic way, as an effective supporting activity in association with some other rebalancing practices like shiatsu, or even on its own to maintain a good personal training and to reach a self-knowledge granted by the energetic correlations that allow to read our movement and the feelings accompanying them.

Since then I proposed this system to groups and individuals whenever I had the opportunity to do so and I noticed my proposal was very well received by my audience; meanwhile, thanks to my teaching practice, I have developed my sensibility and my ability to pinpoint the best suggestions for every practitioner. I have had, moreover, the opportunity to enjoy many useful experiences with a lot of people, each of them with her/his own history, energy.

It seems the time has now come to assent to the request of various practitioners who would like to learn in turn how to look

after individuals and groups in order to teach them this method and the logic that supports it. I therefore formulated a Training Program for anyone wanting to become a "Zen-Stretching® Facilitator". Why did I choose this term, instead of "Instructor" for example?

In my perspective a Facilitator is not just an Instructor (without underestimating the great value of teaching). She/he is a person that has gained the ability to observe, sense and interpret the quality of movement, one's own and other people's movement, and is able to relate it with the interpretation of the energetic circulation and all of the correlations with the basic vital activities, controlled by the Meridians. Thus it is not simply a matter of learning and demonstrating some exercises, or learning some energetic pathways and show them on a map; this is a starting point from which, with some appropriate and deep studies, you can identify in each person the energetic imbalances that could lead to disturbances or limiting manifestations, and propose a progressive work of evolution, seconding the increasing awareness of one's own limits and strengths.

To do so you need various gifts:

- Theoretical knowledge
- Practical experience
- Curiosity and respect towards yourself and other people
- Physical and mental flexibility
- Patience ... and more.

In order to assess and train these abilities I propose to anyone who would be interested to meet me during one of the established weekends (in Paris or Milano, for now), according to the modalities specified in the organizational information. In this 2° Level course we will have the opportunity to check and review together the exercises already learned and this will be the starting point for an accurate work of identification and perception of the energetic flows that everybody can feel along the meridians. Emptiness (Kyo) and Fullness (Jitsu) of energy affect our life not only in the movement, but in all its aspects, so this will also be the basis also to determine where and why some limiting imbalances arise in our fundamental vital functions. How can we discover them and determine the best actions and measures for each of us in order to design our changing/evolving pathway, in movement but also in many other aspects where the energy manifests its influence? How is an Excess or Lack of energy created? How does this serve in our life and what can we do to move away from an apparently blocked point? We will actually see that the "gym" is just a starting point and there are so many things we can do and suggest to improve our life. This represents already a good level of depth. We'll leave to the 3° Level course the purpose of studying in greater detail how the energy permeates and colors our life.

So I'm inviting everyone interested in following this path to contact the organizing Centers for the requirements of registration and I'm preparing to take you along in a stimulating and pleasant moment of personal and professional growth.

Please feel free to contact me for any further explanation or suggestion.

I wish you all the best for your wellbeing

Silvia Marchesa Rossi