



Igniting & Deepening Hara: Experiencing the True Pelvis as a Tensegrity Dome

A six-day workshop

with **Hiro Yoshi Tahata**, creator of The Art of Yield®

**October 20-26, 2023 (six class days, day off Oct. 23)
Santa Cruz, CA**

Hiro Tahata is a Certified Advanced Rolfer® and Rolf Movement Instructor living in Tokyo. Tahata's work places exceptional importance on spatial relationship—within the body, with the environment, and between practitioner and client—as a fundamental aspect of presence, perception, and healing.

In this workshop, we will focus on the true pelvis (i.e., lower pelvic bowl) as a principal element of our whole-body biotensegral structure and of our perceptual capacity. Tahata views the true pelvis as the site of *hara* 腹, a Japanese word connected with the Chinese concept of *dantian*, frequently used in traditional medicine and martial arts.

Over six days, participants will deeply explore how the tensegral structure of the true pelvis is integral to our own embodiment and presence, our ability to perceive in relationship to others, and the possibilities available to us for helping others:

Participants will:

- 1) Become familiar with the embodiment of *hara*.
- 2) Learn optimal positions that deepen the sensation of *hara* within the transformative field.
- 3) Enlist a relaxed, integrated, tensile body as a powerful mode of perception.
- 4) Explore the pelvic cavity as a tensegrity structure in resonant relationship with all body cavities.
- 5) Understand the significance of the practitioner's first standing position relative to a client, and how to identify it.
- 6) Learn to apply this work to core sessions of a Structural Integration series, or to a series of somatic therapy sessions.

Tuition: \$1275

To reserve your place, please send a \$200 nonrefundable deposit (check or Zelle) to:

Carol Ann Agneessens, 114 Rio del Mar Blvd. Aptos, CA 95003

Location: TBD

For questions contact:

Carol Agneessens: 831-588-2813 // carolagneessens@mac.com

Paul Wirth: 213-378-3623 // paul@mosaicbodywork.com

Note: This class is based on the new perspective of the Resonating Tensegrity® model, designed by Masashi Kajikawa, who has studied and developed Buckminster Fuller's concept of Synergetics.

