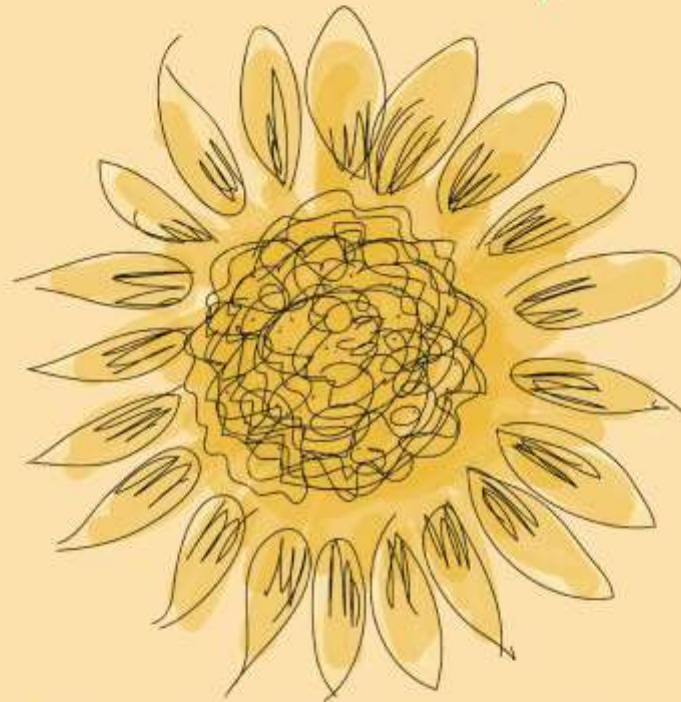


Pulsing

transformational bodywork



A rhythmic body therapy that releases tension, feelings and energy to bring mind and body into harmony.

Vibrant and energising, relaxing and nurturing, pleasurable and playful, meditative and healing - Pulsing is a delight to give and a joy to receive.

www.pulsing.co.uk

Table of Contents

1	About Pulsing	3
2	A brief history	4
3	The benefits of Pulsing	4
4	Who are the workshops for?	5
5	Pulsing workshops	6
6	What you will learn	8
7	Qualification & Professional training	9
8	What it costs	10
9	How to book	10
10	Cancellation	11

1 About Pulsing

Vibrant and energising, relaxing and nurturing, pleasurable and playful, meditative and healing - Pulsing is a delight to give and a joy to receive.

Pulsing is a form of transformational bodywork, a modality that works with the body and breath as the primary means to effect transformation in the **whole** person. In Pulsing we are working with the *bodymind* – the totality of the embodied self and the ways in which we think, feel and act in the world.

It has many similarities to bodymind practices such as yoga, qi gong and tai chi. Like these, it can be undertaken for mainly physical reasons – to improve mobility and flexibility and to combat stress. But as any serious practitioner of yoga or tai chi will know, their impact goes beyond the physical into the energetic, emotional and psychological dimensions of self. We stretch and open the body, we breathe more deeply, we bring focus and awareness to ourselves, and in doing so the whole *bodymind* resonates and we begin to challenge our deeply embodied patterns of thinking, feeling and behaving (body armour).

The most significant difference between Pulsing and such practices is that in yoga and tai chi a teacher *verbally* guides you through a sequence of shapes and moves to make with your body; in Pulsing the practitioner *physically* guides your body through a dynamic sequence of movements.

During a session the receiver will be lying on a massage couch. The giver uses a continuous rocking of the whole body to encourage the receiver to release both the superficial holding of everyday muscular tension and the chronic holding of body armour. The wave-like rhythm brings a sense of ease and flow, and coaxes the receiver to accept support and nurturing, to surrender to the motion and release their habitual control of the body's natural impulses.

Within this matrix of continuous rocking, the limbs are stretched, lifted, shaken, rotated and swung to encourage the whole body to open up. Different rhythms may be explored, from the slow and meditative to the dynamic and exciting. This allows you in your body to experience unfamiliar states or engage with ones you habitually block while being safely held. It grants you permission to connect with feelings and sensations, to release physical tension and emotional stress and attune to your natural energy and power.

A Pulsing session is likely to leave you profoundly relaxed, yet sparkling with energy.

2 A brief history

Pulsing was developed in the late 1970s by Curtis Turchin, an osteopath and practitioner of the Trager Approach and Postural Integration. Turchin loved the Trager approach for "the unique rhythm of rocking which is close to the heart rate of the infant within the womb (120-160 beats/minute)" and its respectful and supportive approach to the client. He recognised that it had never been intended as a Reichian therapy, yet he also felt that it was the style of work most suited to assist in releasing body armour.

He developed a whole body sequence of joint manipulation to encourage skeletal expansion, which challenges the muscles to lengthen and lose their rigidity as they conform to the changed skeletal pattern. Meanwhile, the rhythmic, rocking motions encourage the body to "re-experience its movement potential and position in space." He summarised the form of Pulsing as one that "combines Trager techniques, Reichian-style massage, bioenergetic breath release work and verbal psychotherapeutic techniques to achieve a holistic approach to body therapy."

3 The benefits of Pulsing

This deeply enjoyable and gentle form of bodywork provides a wide range of benefits to physical health and mental & emotional wellbeing. Like massage it helps release stress, eases muscular tension and promotes the overall health of the physical systems of the body, such as the immune system, digestion, circulation and the lymphatic system.

It also provides benefits that are generally more associated with exercise practices such as yoga and Pilates and movement-based modalities such as Tai Chi and 5 Rhythms dance meditation. It can enhance balance, co-ordination and mobility; it stimulates energy and a sense of aliveness. It may also assist you in developing self-expression and psychological transformation, helping to shift old patterns of behaviour. This may be with conscious awareness of your process, or simply by allowing fresh energies to emerge within the body.

Pulsing may also be a very meditative experience, helping you connect to a deeper sense of self: a holistic self-experience.

Pulsing connects you to the security of movement: the rocking of a foetus in the womb, the rocking of a baby in its parents' arms, the rocking of the cradle and the self-rocking that children (and people of all ages) readily slip into. Rocking maintains the sense of safety and relatedness.

Like the pulse of music, touch can set a bodymind dancing. The effects of Pulsing occur below the level of conscious awareness and will continue to be felt for some while after the session. It is a joy to give and a delight to receive.

- Deeply relaxing yet energising
- Gently releases muscular tension and joint stiffness
- Releases emotional stress and decreases anxiety
- Encourages deeper, more relaxed breathing
- Improves physical flexibility, balance and co-ordination
- Enhances movement repertoire
- Helps you rediscover your natural body rhythms
- Promotes self-healing and homeostasis
- Develops your inner sense of aliveness
- Increases your sensitivity to your body
- Improves self-awareness
- May increase libido
- Stimulates the release of unconscious material and imagery
- Improves blood & lymph circulation and digestive transit
- Promotes relaxed sleep and may ease insomnia
- Meets the need for nurturing and support
- Provides a sensuous experience within safe, respectful boundaries
- An experience of embodied meditation and wonder
- Attunes you to the flow of life and your inner wisdom

4 Who are the workshops for?

Anyone drawn to holding and moving bodies who has not yet found a way to do that, whether in a spirit of play or as a mode of joyful work.

People interested in their personal development especially through making a deeper connection with their embodied self.

Practitioners or students of any other form of hands-on bodywork who are interested in other approaches or want to add a new skill to what they offer.

Counsellors and psychotherapists with a desire to learn how to use touch to facilitate deep emotional work and support the working through of preverbal experience in a regression mode.

Students and practitioners of performing, movement, and martial arts who would like to introduce hands-on work into their practice.

Searchers and researchers interested in the interface between the transpersonal and the prepersonal. Temporary ego loss and altered states of consciousness may be accessed via the trance that Pulsing can facilitate.

Movements applied by the practitioner utilise the client's own bodyweight. Therefore no particular strength or body build is necessary to practise Pulsing.

The weekends develop as a community of learning whose members make a deep, heartfelt and enlivening contact with each other. This means there is the option of continuing to exchange practice sessions between weekends, building the confidence to give a Pulsing to a friend or attract clients to your practice.

Previous course participants have included shiatsu practitioners, aromatherapists and reflexologists; deep tissue bodyworkers and practitioners of holistic and intuitive massage; doctors and physiotherapists; nurses, healers, and social workers; practitioners of Reiki, Bowen Technique and Polarity Therapy; counsellors, psychotherapists and performing arts practitioners; Tai Chi and Qigong teachers; dance movement therapists and people who practice 5 Rhythms and ecstatic dance - as well as people who have no interest in professional training, but are seeking a whole-person approach to personal development. Weekends are usually a mix of all types.

Both newcomers and old hands are welcome on the course.

Advisory

The persistent rocking of Pulsing can have a hypnotic effect, which easily results in an altered state. It is perhaps then not suitable for anyone for whom an altered state might be problematic. This might include anyone who experiences flashbacks as a result of PTSD or is suffering from any kind of dissociative disorder.

5 Pulsing workshops

The workshops run 3 times a year, normally in February, June and October. They take place over a weekend: Saturday and Sunday between 10am and 6pm.

The training is primarily hands-on learning. Demonstration sessions are followed by supervised practice in pairs, during which you will receive one-to-one coaching on

technique and on general good practice. There are fairly brief sessions on theory, with the opportunity to ask questions and discuss issues. The groups are small and friendly, with no more than 10 participants. Jenny Firkins of ZenBodywork is assistant facilitator. These weekend workshops are a great way of immersing yourself into an experience of this delightful bodywork.

Current dates

These can be found at: <http://www.bodymind-integration.co.uk/pulsing-training>

Location

Yuan Centre, Colwood Gardens, Colliers Wood, London SW19 2DT

(Please do not use this address for Pulsing correspondence.)

Travel

The venue is 1 minutes walk from Colliers Wood underground station (Northern Line). There are also buses into Wimbledon (British Rail and District Line tube). Parking restrictions are in force on Saturdays in the roads closest to the centre; there are no parking restrictions on Sundays. Parking is not restricted on Saturdays and Sundays in Zone CW, just around the corner from the tube station.

Hotels

For anyone needing accommodation, the Premier Inn Wimbledon South is across the road from Colliers Wood tube station, and there is a Holiday Inn a short walk away. .

Refreshments

The venue has a kitchenette where drinks can be made; tea and coffee will be provided. Lunch may be brought or easily purchased nearby.

Clothing

Unlike conventional massage, it is not necessary to be unclothed to receive a Pulsing session. Wear or bring clothing that is comfortable and does not restrict movement; t-

shirt and jogpants or leggings are recommended (preferably cotton, as Lycra tends to be too slippery).

6 What you will learn

The core of each weekend will be short demonstration sessions followed by supervised practice in pairs. During this practice you will get one-to-one assistance on whatever aspects you require: technical issues on the strokes; the application of theory; general principles of practice; good posture. For those on the qualifying track, you will receive hints to help you develop your own style.

To ensure that everyone gets plenty of table-side coaching, the group is kept small (no more than 10 participants) and I am assisted by Jenny Firkins of ZenBodywork.

You will learn a basic forty moves with which will allow you to:

1. Give a whole body session for an hour. This repertoire is expandable and the sequencing variable.
2. Give short form sessions focusing on one or more of the mini-sessions within the long form (head and neck, arms, legs from the front, legs from the back, torso from the front, torso from the back)
3. Introduce single moves or short sequences into any existing mode of bodywork you practice.

Additionally, for those on the qualifying track:

You can expect by its completion to take away whatever is personally relevant to their learning curve and future application of Pulsing from amongst the following practitioner skills:

1. Deep relearning in your own body, how it feels to be fluid, connected and whole, the necessary basis for communicating this to others
2. Developing good habits of posture and positioning for effortless working
3. Utilising different qualities of touch and engaging with the different types of body tissue: ectoderm, mesoderm and endoderm

4. Supporting the emergence of core body impulses; healing through respecting involuntary movements
5. Discovering body images & enhancing bodily aspects of self-image
6. Combining the moves with a focus on breathing to coax feelings towards expression
7. Maintaining contact without merging, managing your own body boundaries and supporting the formation of boundaries
8. Choosing a progressive or regressive approach and balancing the pleasure and reality principles
9. Combining pulsing with verbal facilitation.

7 Qualification & Professional training

Everyone who satisfactorily completes a single weekend may ask for a CPD certificate.

To become a Pulsing practitioner:

1. You must satisfactorily complete any 4 weekend modules within the space of 2 years.
2. It is strongly recommended that you receive at least three sessions from an existing practitioner to gain a felt sense of Pulsing as a professional modality.
3. Regular peer exchanges in between workshop modules are essential (at least 10 overall is the recommendation).
4. If you wish to practice professionally it is recommended that you have a qualification in anatomy & physiology or hold an existing bodywork qualification.
5. If you wish to practice professionally in an explicitly psychotherapeutic mode, you should undertake suitable training in counselling or psychotherapy.

8 What it costs

Single weekend: A single weekend costs £125.

Qualifying Track: To obtain the Pulsing certificate (professional qualification) you must complete any 4 weekends within 2 years - total cost £500.

Refresher weekend: Anyone who has already completed the Pulsing practitioner training and wishes to attend for a refresher is entitled to a reduced price for a single weekend of £85.

9 How to book

Attendance must be booked and paid for in advance. There is no admission on the day without prior registration.

You will not be admitted on the day if you are under the influence of alcohol or recreational drugs. It is also expected that you be sensitive and respectful towards other participants. If you are not, you may be asked to leave. No refund will be offered in either case.

Step 1: Decide which date(s) you wish to book. It is probably advisable to first text or email me to check on availability of places.

Step 2: Complete the online booking form.

Step 3: Once I have confirmed your place, make your payment. Your place is not guaranteed until payment has been received:

BACS: Sort code: 20 96 89 Account: 10432016 (reference Pulsing + your name)

Mobile (PayM): send to 07502 136692 (reference Pulsing + your name)

Paypal: Go to <https://www.paypal.me/Lawton123> and follow the instructions.

Cheque: payable to Richard Lawton and send to me at 2A St Georges Rd., Mitcham CR4 1EB

Credit cards: Sorry, but I do not currently accept credit cards.

Your place will be confirmed once payment is received.

10 Cancellation

For cancellations made:

Up to 6 weeks before the workshop: Full refund*

Up to 4 weeks before the workshop: 50% refund

Less than 4 weeks before the workshop: Not refundable**

*There is a £10 admin fee on full refunds.

**A full refund (minus a 10% admin fee) will be given if I can fill your space. Alternatively, the full amount may be credited towards a place on the next workshop.



Website for further information:

<http://www.bodymind-integration.co.uk>



Please join us at

<http://www.facebook.com/pulsing-training>

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