

# Listening Touch

*“ Listen with your hands and Touch with your words. ”*



**Movement**  
FROM WITHIN

Heather Skoll is a certified Rubinfeld Synergist and certified Kripalu Yoga Teacher and owner of Movement From Within Inc.

Heather is delighted to bring this workshop to you to introduce “Listening Touch” and teach you what it feels like to be touched and to touch in this gentle, respectful, and powerful way.

First, you will have an experience lying on the floor and coming up with a word to describe the quality of your contact, or your movement (somatic descriptor) as an introduction to learning the language of your body.

Next, we will do an exercise for you to get in touch with your energy field, and the energy in your hands.

Then, you will work in pairs. While one partner touches the other at their shoulder, the touchee will come up with a somatic descriptor...as will the toucher.

While being touched, listening touch can allow you to become more aware of what is going on in your body. You may begin to notice images or remember stories from your life as the toucher makes contact with your head or shoulders.

As a toucher, you will be guided to make contact with your partner’s head or shoulders and enter a unique experience of listening with your hands.

I will demonstrate how the Rubinfeld Synergy Method® brings together the listening, the words, and the touch to guide someone through the journey of the story within their body.

*I invite you to join in this experience...*

**Movement From Within**  
**Thursday November 19, 2009**  
**7:30 – 9:30pm**  
**\$25 per person**

To register and for location please email: [heather@movementfromwithin.com](mailto:heather@movementfromwithin.com)

**Sweet Water Cres., Richmond Hill 905-770-5611 [www.movementfromwithin.com](http://www.movementfromwithin.com)**

*“Imagine all the people... living life in peace” John Lennon*