

# FOR DANCERS AND NON-DANCERS ALIKE

**RICK NATHAN**

I am doing fifty-minute massage sessions with individuals, using an approach which calms the nervous system and nurtures innate core energies. My hope is to intuitively sense and affirm, with direct touch, the underlying "essential being" in each client.

One's essential or core self is naturally expressed in the involuntary currents of vegetative energy in the body, and in the age-old archetypal forms and contents which rise from the unconscious. By learning to consciously contain, shape, and ground these energies, you can begin to make this deep flow available for spontaneous living, in expressive art such as Dance, or simply as deep-felt being.

- Graduate, Basic and Advanced Training, Potomac Massage Therapy Institute
- Certified Massage Therapist (AMTA)
- Trainee in Body Psychotherapy, European Institute for Organismic Psychotherapy, Malcolm Brown, Ph.D. and Katherine Ennis Brown, Directors
- Training in Core Energetic Workshops with John Pierrakos, M.D. and in Functional Integration Workshops with Moshe Feldenkreis, Ph.D.
- Student in Modern Dance, Dance Project, Jan Van Dyke, Director

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