

WAKING UP

A 5-day Workshop in Sensory Awareness
In Southern Ontario at Sugar Ridge Retreat Centre
August 10-14, 2011

As we become more comfortable in our own bodies, we become more intimate with the sensations that connect us to each moment. In this workshop we cultivate awareness and trust in our sensations through simple explorations of activities we do every day: standing, lying, walking, seeing, and breathing. Our sensations both ground us and help us meet whatever is happening in our lives. **Direct contact with our sensations gives us a road map that brings us home.** Instead of sleeping through moments waiting for something else, we open to the natural responsiveness that wakes us up.

Sensory Awareness is a mindfulness practice brought to the United States by Charlotte Selver in 1938. As a catalyst in the Human Potential Movement, Charlotte drew leading visionaries to study and work with her, including Erich Fromm, Alan Watts, Fritz Perls, and Shunryu Suzuki Roshi. Charlotte had a long history of collaboration with Zen Center, and was the first person to lead a workshop at Tassajara Zen Mountain Center. She died in 2003 at the age of 102.

Lee Klinger Lesser studied with Charlotte for 33 years, and they often taught together. Currently, Lee leads workshops in English and Spanish worldwide. She is also a Zen practitioner and appreciates the kinship of Sensory Awareness and Zen practice. She is committed to helping these practices be as accessible as possible to people in many life situations.



— What People Are Saying —

“As a Zen teacher I have for many years been impressed with sensing as the most effective method of deeply involving students in the ancient Buddhist practice of mindfulness... None of [Charlotte Selver’s successors] are more talented, more humane, or more true to the spirit of sensing than Lee Klinger Lesser. Her classes and workshops are always tremendously satisfying and full of wonder. She has taken what she received and made it her own.” —Zoketsu Norman Fischer

“Lee showed me how to open my heart, how to move towards what is happening...she inspires through her extraordinary generosity and her way of teaching.” —Frances Khanna, Gestalt therapist

“In her classes, Lee lovingly includes whatever happens to present itself in the moment and she follows it with a simple zeal. Her interest in how life knows its own way of unfolding has affected me deeply.” —Ray Fowler, Orchestral Conductor

\$890 including accommodations and all meals

To register contact organizer Julia Gotz at julia@downtownpsychotherapy.ca
or call 416-516-9777

To learn more about Lee Klinger Lesser and Sensory Awareness, please visit www.returntooursenses.com
You can contact Lee at leelesser@gmail.com or 415-307-6043