

Benno Enderlein – CI and Body Work

contact the quality of touch

a laboratory to experience different qualities of touch. (shiatsu will be a source I'm deeply involved with).

Developing senses of attraction and non attraction before having physical contact.

going with the most inspiring focus.

stay

open to the ALL but following only my own inner wisdom. with force and respect.

Moving the whole being.

Getting the immediate unreflected, nonverbal feedback.

this laboratory has no aim to fulfill. it can discover unknown spaces. its not holy its whole.