

A ZEN APPROACH TO BODYTHERAPY

From Rolf to Feldenkrais to Tanouye Roshi

WILLIAM S. LEIGH



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[William S Leigh](#)

This book presents the life's work and journey of the late William "Dub" Leigh who studied directly under, and certified by, both Dr. Ida Rolf (creator of Structural Integration) and Dr. Moshe Feldenkrais (founder of the Feldenkrais Method). Dub then came across Zen Master Tenshin Tanouye while visiting Hawaii from who he studied zen and the Eastern methods of energy healing. Zentherapy encapsulates his knowledge and experience in both the Western and the Eastern bodywork and healing. Very highly recommended for anyone interested in body/massage therapy and/or knowing how zen meditation can heal people's mind & body.