



Join us!

at the

Center for Contemplative Studies



A Sensory Awareness Session for Faculty & Staff

Tuesday, September 26th from 12:00 – 1:00 pm

Stefan Laeng is a Sensory Awareness leader and the Executive Director of the Sensory Awareness Foundation. He offers workshops in the USA and Europe. Stefan has studied Sensory Awareness and related practices since 1980. He worked closely with Sensory Awareness pioneer Charlotte Selver during the last twelve years of her life. His many years of study and practice of Buddhist meditation and philosophy since 1983 inform his work and life as well. Currently, Stefan works on an oral history and biography of Charlotte Selver. He lives in Peterborough, New Hampshire.



Register now: ccs@wcupa.edu

Upright and Down to Earth



Sensory Awareness is a process of attuning through simple explorations of everyday movements, quiet presence and lively interactions with life. It is an invitation to question our beliefs by experiencing the world with open senses. Playful engagement with the earth's primary forces — gravity, ground, and air — prepare the foundation for meaningful action. The constant tug of gravity is earth's call to collaborate, to find orientation. Ground is the support from which we rise, its firm presence gives our moves traction. Air fuels life, its free flow through us is a condition for sustainable participation in the joys and challenges of living — upright and down to earth.

For more: <https://sensoryawareness.org/>