

LILIAN JARVIS

Along with my father's massage, which I was lucky to have from childhood on, stretching helped me through many years of rigorous training and performances after I joined the newly-formed National Ballet of Canada in 1951 as a charter member and principal dancer. As one of Canada's early professional dancers, I was known for my lyrical quality and musicality and danced leading roles until 1963 when I went to New York on a Canada Council scholarship to further my dance training. It was there that I discovered the Graham technique.



I was inspired by Graham's internal way of working to try to overcome physical limitations I'd had throughout my dance career and subsequently worked alone for 13 years, with "a better body" as my goal. The outcome of this was an invitation from the National Ballet in 1976 to dance the role of Juliet in the company's 25th anniversary production of *Romeo and Juliet* in the fall of that year. The resounding success of this performance led to my creating my own method of exercise, which I have taught since the late 70s and which I credit with keeping me agile, healthy and young beyond my years.

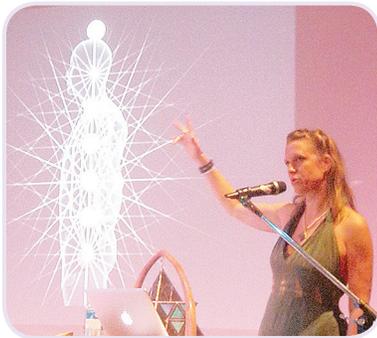
Realizing the benefits that my bodywork exercises could have outside of the dance world, I began developing the technique for the general public with the aim of establishing a kinder, more personal and more universal approach to fitness than the aerobic-type exercise popular at that time. I kept the Graham technique as its "parent" base but changed it to a non-dance form with the aim of bringing body awareness and self-care to the forefront of human consciousness. Though it was begun at a time when an internal concept of exercise was as difficult to comprehend as a foreign language, it is now creating new inroads into the understanding of how to improve the physical, physiological and emotional functioning of the body through a conscious connection with — as Martha Graham called it — one's "interior landscape."

Through this program and through continued teaching, writing and video work, I look forward to sharing my work for many years to come with all who would like to be "internally young" throughout life.

MEREDITH SANDS KEATOR

As Lilian's daughter, I received a flexibility I can only imagine came from the many hours my mother spent each day stretching and "working on her body" throughout her pregnancy with me. It seems that both my existence and her exploration beyond dance into her own body were conceived at the same time, leaving me to be raised with the technique she created. Through her daily, living example, I was trained by the best.

As a child, I was often called from my bedroom in the morning to stand on my mother's back so her hip joints would open more, or, arriving home from school, would see her bent backwards over the upstairs banister, stretching her back and chest with her head and arms dangling in the stairwell. As I grew into adolescence, I began taking classes in her Toronto studio and, after high school and some years overseas, began teaching in 1987 at the age of 19.



Training in Shiatsu and Acupuncture in the early '90s led me into extensive research toward a unified theory between Western and Eastern medicine, the result of which has been my development of Neural Resonance Therapy®, the understanding of geometry and what I call Fractal Anatomy. Therefore, when I teach Somatic Stretch®, I have my own style – as every teacher should – and I weave in these Fractal concepts to enhance the connection of the mind to the nervous system, exemplifying tension release and the revitalization of soft tissue. ((For more on Neural Resonance Therapy®, please see <http://www.templebody.com>.)

Whether I am teaching *Neural Resonance Therapy*® to somatic therapists in various countries or attending workshops from others for continued learning, I often offer morning stretch sessions to complement and integrate the work being taught. In this way, *Somatic Stretch*® travels with me, advancing and complementing my professional work as well as that of others.

In supporting Lilian's intent to broaden the outreach of her methodology, I have brought exposure to it through my classes and workshops not only in Canada, but also in the United States, England and Australia, while the online training program has drawn interest from such distant places as Singapore, Spain, Beirut and Turkey.

Lilian and I work jointly to bring you in-house workshops, video trainings and weekly teleconferences to answer your questions, discuss concepts in more depth, and keep you on track and up-to-date within the online community.

Our mission is to support the accelerating field of yoga, massage and other somatic methodologies by offering solid education to those who seek a deeper understanding of health, greater knowledge of the mind/body connection and a tried-and-true application of body mechanics with which to guide themselves as well as others.



Somatic Stretch®
The Jarvis Technique