



SAF

NEWSLETTER

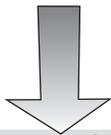
What is it to be more fully present?

The Sensory Awareness Foundation

Fall 2008

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Help support the future of Sensory Awareness

Renew your SAF yearly membership now for 2009

... or become a new member. With your membership you ensure that the SAF can continue with its work through publications, conferences, sponsored workshops, its web site and more ...

Memberships are by calendar year.

If you have not renewed your membership for 2009 please do so now. Thank you!

For more information and membership benefits see page 10 and 11

Springtime Conference

Stress and Renewal: Coming to Our Senses

May 29 -31, 2009

Mt. Madonna Center, Watsonville, CA

Please mark your calendar for what promises to be a rich, life renewing experience held within the beautiful and peaceful retreat setting of Mt. Madonna.

We hope you can join us as we explore how the practice of Sensory Awareness can be a valuable and health promoting counterbalance to the distressing effects of modern living.

More information about this conference will be sent to you in future mailings and will be posted on our website www.sensoryawareness.org

Exploring the Life of Charlotte Selver:

News about the Charlotte Selver Oral History and Book Project.

By Stefan Laeng-Gilliatt



Ten months into this amazing journey, I am grateful every day for the opportunity to study Charlotte Selver's life and times and to share what I learn with you. Not only do I learn much about Charlotte but I also have the chance to gather the memories of the many people who are as eager as I am to share with a wider audience what has been so important for us about Charlotte and her work.

Research for this project happens on different levels at the same time: I conduct interviews, I study history (currently about early 20th century Germany and its varied reform movements), and I also work through a wealth of archival materials.

Most recently I started to tackle the letter exchange between Charlotte and her first husband, Heinrich Selver. These hundreds of letters, most of them written between 1921 and 1932, contain a wealth of information about Charlotte's formative years. Going through them I realize how fortu-

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We Have Moved

The SAF has moved to a new location. Please note that our phone number and fax have also changed. Our new address is:

Sensory Awareness Foundation
23 Wallace Way
San Rafael, CA 94903