
President's Message

Many Changes

Our board has recently gained two new members. We are very happy to welcome **Terry Ray**, a long time leader, psychotherapist and meditation teacher; and **Sara Bragin**, a therapist and long time student of Sensory Awareness with a background in advertising. **Lee Lesser** who has served for many years on the board has decided it is time for her to move on and devote her energies to the many other activities that are needing her attention, particularly her growing workshop schedule as a Sensory Awareness leader. She will be missed.

Lee has agreed to join our newly formed S.A.F. advisory board. I am pleased to announce that joining her are **Norman Fischer**, Zen teacher, writer and poet; **Russell Delman**, well known embodied mindfulness and Feldenkrais teacher and former student of Charlotte Selver; **John Travis** a Vipassana teacher and former student of Carola Speads; and, last but not least, **Judyth Weaver**, a veteran leader of this work, therapist and a graduate school educator in somatic psychology.

In addition to our publications and website the foundation continues its focus on promoting the work through sponsoring annual Sensory Awareness workshops, and by actively working with and supporting the Leader's Guild.

Through sponsoring the annual workshops and the Guild conferences which precede them we strive to help create conditions for more dialogue between guild members. We feel such an effort is essential for the future development of Sensory Awareness. This seems to have been proven out when, partly as a result of this year's leaders' conference, the guild was able to make much progress towards a subsequent election on some important issues. The result of which should help create more clarity and unity. Guild president **Virginia Veach** reports on this on page 4.

We also have helped financially support **Stefan Laeng-Gilliatt's Charlotte Selver Oral History and Book Project**, feeling that, even though, this project functions independently from the foundation it very much complements our publication and educational efforts.

In addition we continue to explore ways to help sponsor workshops and classes in areas outside of Northern California. Thus The S.A.F. continues to be dedicated to developing the growth of this valuable study and awakening public interest in it. But we need your support to keep us going. As in the Buddhist tradition the sangha

(community) is an important part of the practice, so too in our study our community is a very important part of the practice. Our sense of community and working together are very much in the tradition of this work.

If you haven't done so already, I ask that you take the time now to help the S.A.F. insure the growth and future of Sensory Awareness. Please don't forget to renew your annual membership and also consider contributing when you can. The S.A.F. needs your help to keep moving forward. Our members not only help support our many important projects but also receive discounts at future SAF conferences and sponsored workshops, books, publications, and CDs. More importantly, perhaps, your membership helps us all stay connected as a community.

Sadly two dear friends of this work have recently passed away: **Babette Wills** and old friend and student of Charlotte's, and **Martina Hornstein** one of our active leaders in Germany. You can read more about these two remarkable women elsewhere in this newsletter.

With my best wishes, Richard Lowe

P.S. We are happy to announce that in addition to the cassette recordings we sell of Charlotte Selver's classes, we now have these same recordings in CD format. Both CDs and tapes will now all come with written transcriptions. Fortunately our audio expert Mark Watts was able to enhance the audio quality of the CD recordings during the process of converting them.

Sensory Awareness Foundation Board of Directors

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Sara Gordon	Len Shemin
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Richard Lowe	

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John Travis	

SAF Newsletter

Editor: Richard Lowe

Send your comments to: Richard Lowe, P.O. Box 0411
San Rafael CA 94915; email: richlowemft@yahoo.com

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23 Wallace Way, San Rafael, CA 94903

www.sensoryawareness.org