

A close-up portrait of a man with dark, curly hair and a beard, smiling warmly. He is wearing a dark blue shirt. The background is a soft, out-of-focus outdoor scene with greenery and a bright light source, possibly the sun, creating a warm glow on his face.

THE ART OF PLAYING EMBODIED PLAY-FIGHT

Zoe ^{tanz}
projects

Sonntag, 9. Dezember
10:00 bis 16:00 Uhr
mit André Duarte, Brasil

André Duarte is a Brazilian embodiment coach.

He started with Capoeira classes at the age of 4. Growing up, he explored various martial arts. Interested in helping others using his background, he graduated as a Physical Education teacher and trained as a Pilates instructor. During his whole formal education he kept his connection with African-Brazilian embodiment celebrations and ended up bringing his research to the academy.

Due to his deep experience and commitment to more and other than the fighting and competitive aspect, he created **The Art of Playing**. There he creates a playground for mutual support in partner work that leads to celebration. André includes the importance of emotional and mindful investigation as important aspects of embodiment. He met and taught many people in both Europe and Latin America.

The Art of Playing promotes playfight as a safe and joyful embodiment tool. It is a way to connect people and explore our potential for creativity, empathy and peace.

In this workshop participants can expect to explore:

- Flow state
- Empathy through pair work
- Acceptance and non-resistance
- Power dynamics; Understanding of rhythm through movement



Ort: **zoEspaces**, Elsässerstrasse 34, 4056 Basel
Daten/Zeiten: Sonntag, 9. Dezember 10:00 bis 16:00 Uhr
Kosten: CHF 150.- Stud/AHV 10% Rabatt
(inkl. MwSt)
Anmeldung: sekretariat@zoe-tanz.ch
oder via www.zoe-tanz.ch ->projects oder ->
Kurse

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