



INTRODUCTION

to the discipline of

AUTHENTIC MOVEMENT

Mit Prof. Helen Payne PhD, UK
2. August 2019

Kurssprache Englisch mit deutscher
Übersetzung

zoe tanz
projects

Who can participate in this course?

This one-day workshop introduces people with a movement background from, for example, the fields of somatic practices, dance, mindfulness, spiritual practices, eco-psychology, psychology and the arts to the discipline of authentic movement. Participants can also be professionals with a counselling, psychotherapy, arts therapies background, dancers or people with movement background who want to refine their skills. If your background is outside these areas, please contact Helen to discuss the suitability of the course. No experience in dance is required. You will gain skills and understanding of AM for applying in your own practices such as awareness of somatic-emotional responses, speaking with empathy and deep embodied understanding.

What is Authentic Movement?

The Discipline of Authentic Movement (AM) (Adler, 2002) enables a direct connection to our unconscious, accessing our intuitive wisdom and creativity expressed through the embodied word, feeling, image, sensation, relationship and rejuvenating movement.

AM links with mindfulness, play, group work and spiritual practice where symbolic meaning is seen in physical expression.

It invites the individual's relational experience of themselves, the other and the collective through deep empathic witnessing of movement as it becomes conscious.



Ort: zoEspaces, Elsässerstrasse 34, 4056 Basel

Daten/Zeiten: Freitag 2. August 2019 09:00 bis 17:00 Uhr

Kosten: CHF 180.- Stud/AHV 10% Rabatt

Anmeldung: sekretariat@zoe-tanz.ch

oder via www.zoe-tanz.ch ->projects oder -> Kurse

Mehr Infos: sekretariat@zoe-tanz.ch oder zoeTanz 061 381 70 68