

AUTHENTIC MOVEMENT

9./10. Februar 2019

Mit Georgia Aroni,

Deutschland

accredited Dance / Movement Therapist,
Authentic Movement Teacher

& DYNAMIC
COMPASSION

zoe
tanz
projects

Kurssprache Englisch mit deutscher Übersetzung

What do you learn and gain?

Having the focus of the body and its movement, this workshop will offer the opportunity to gain compassionate and spacious inner witness through non-judgmental awareness as well as extending compassion to others. This is highly supportive to meet the present with openness, to recognize the way in which individuals are both powerful and vulnerable by gaining one's own differentiated sense of self. Self-knowing awareness, the capacity to resonate with another and the capacity to make empathic contact for others, will contribute to a dynamic compassionate inner witnessing.

For whom is the workshop?

The workshop welcomes participants with and without movement experience. It can be of special interest to those working in the field of psychotherapy, coaching, education, expressive art therapy, bodywork or dance who would like to gain a better knowledge of this mindful practice. It is also applicable to those without professional intention who want to deepen the body's way working towards an embodied consciousness.

- Ort:** zoEspaces, Elsässerstrasse 34, 4056 Basel
- Daten/Zeiten:** Samstag/Sonntag 9./10. Februar 2019.
Sa: 10:00 bis 17:00 Uhr, Sonntag 09:00 bis 16:00
- Kosten:** CHF 280.- 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

