

## Move freely - Not only for dancers

### Stay tuned to Your Self!

Enhance awareness in body and mind, clarity by tapping into messages from your deepest Self about the next steps toward where you are going.

The goal of this class is to assist you in staying tuned to your Intuitive Self.

#### HOW

We will use breath, connecting it with movement, intention, imagination, body sensation, and improvisation. I will lead you through a guided practice on a chosen by your topic.

#### MORE?

There is a **correlation between life challenges and body**. Symptoms (pain, tension, spots of discomfort), relationship miscommunications, conflicts, etc. are very often **reflected in body posture, a specific way of movement or tendency to repeat gesture until it will be recognized and understood**. They are **messages** that once noticed can be transformed.

It is not only about being able to **release** them in a safe way and to be able to **express suppressed** feelings. The main focus is to integrate sometimes challenging emotions in order to empower individual **resilience**.

#### NOTICE – SHOW - CREATE

Some say that in difficulties is the answer. We will **pay attention** to the messages coming from your body, follow it, often by amplifying it, movement can turn into dance until the solution will emerge.

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By working with the body, feeling the sense of expansion within, feeling the strength of the muscles, stretching, modeling the posture, you can influence your mind improving your focus, attitude, confidence and therefore use it practically in your everyday tasks.

It is done not by an effort, but rather attentive following the breath allowing the feeling of space in the body to lead you to your best posture, well being, connection to yourself.

While the class, you may recognize elements of such methods as Alexander technique, Yoga, Tai – chi, Dance Therapy, Tibetan exercises known as Tibetan rituals of longevity, Visualization, meditation & Relaxation, Colour therapy, Breathing methods, Process Oriented Psychology, Affirmations.

Therapeutic effect of this class is rather a side effect, not the main purpose.

There will be time, to sum up the session.