

## **Workshop I - NOT ONLY FOR DANCERS** with Joanna M. Pilatowicz

The first part of this workshop will be "dancy," so be prepared to move.

We will use, breath, intention, imagination, body sensation and some aspects of dreaming while awake while practicing modern jazz dance style and its technique.

In the second part, I will lead you through a guided practice on a chosen by you topic.

The goal of this workshop is to enhance awareness in body and mind, clarity by tapping into messages from our deepest Self about the next steps toward where we are going in our career, relationships to others, Self and of course enhance our well-being.

What does lucid dreaming mean and how can we use it?

Can we make changes in our lives through lucid dreaming?

(Keep in mind, we value every extraordinary experience you had or may have, however, we are careful with stating what is the truth.)

Get to know your ways of expression in movement and incorporate it into your daily life.

Follow me & let me lead you through it.

## **Workshop II - Self-defense not only for women**

with Glenn. T. Randolph - Martial Artist teaching Aiki-Combatives. Experience in developing in his students attentiveness to surroundings, mind attitude and deepened the connection with body mechanics.

Here you will learn the effectiveness of self-defense and to harmonize your individual ability to deal with conflicts through situational awareness and body consciousness. This is advantages to avoid or increase your chances in a given confrontation.

Aiki-Combatives is a self-defense system developed to quickly facilitate the avoidance of confrontation both mentally and physically.