

BODY RESPONSE

INTEGRATED MOVEMENT &
EXPRESSION TRAINING

Σεμινάριο αυτοέκφρασης μέσω
της κίνησης

JANUARY | JANUARY

19 20 21 **22 23 24** | 26 27 28 **29 30 31**



Global Soma

μη κερδοσκοπική κοινωνική οργάνωση νέων

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ΠΟΛΥΧΩΡΟΣ ΠΕΙΡΑΜΑ

BODY RESPONSE

Intergrated Movement & Expression Training

We invite you to play, to experiment with what is there in your body, in your movements. The training is a playing field where one can go out on a quest, to research topics in a safe and guided atmosphere. In this approach movement and dance do not mean choreography, traditional concepts of “beautiful” and “performance” do not exist. There is a constant dance in you, in our connections in our everyday life.

The core idea has roots in ancient times, how body posture is mirroring forces, experiences, feelings of the human. It is also telling stories how one is living his/her life and connects to others.

All inward happenings have an effect in the body and what effects our body influences our soul as well. Such as cramps, breath stop, the limitations of movements can be playgrounds of body-soul interaction.

The process oriented approach brings creativity, spontaneity of life. The complex interactions of the human and the surrounding can be observed in a concrete situation. The authentic movements, imaginations, symbols, personal myths are welcome and present to build a whole-some human.

The activities are based on the theory and experience created by the German psychologist and dance therapist Wilfried Gürtler (1950-2003).

seminar dates :	January 22-24 (Friday afternoon-Sunday) 2010 January 29-31 (Friday afternoon-Sunday) 2010
number of places :	20
educators :	Kriszta Zisday Miki Ambrozy
seminar's schedule :	22nd & 29th (Friday) 17:00 - 21:00 23rd & 30th (Saturday) 10:00 - 14:00 & 16:00 - 20:00 24th & 31st (Sunday) 10:00 - 14:00 & 16:00 - 20:00 <i>in total there are 40 hours of training participants are allowed to miss up to 12 hours of the training</i>
language :	This training is in English. Translation into Greek is arranged by the organizers.
participation fee :	115 euros, 95 euros for students (participants from abroad : see application form as well)
accomodation :	We offer to participants either to arrange informal hosting (free, in volunteers' homes) or formal (hotel) if required.

“There is a constant dance in you, in our connections in our everyday life.”

what do you get?

by joining this training :

- To raise the awareness of your body
- To accept your body and see it as a resource
- To create space for spontaneity
- To explore the world in ways similar as when you were a child
- To express things without judging them
- To enjoy and practice improvising
- To connect to yourself and your surrounding at the same time

target group is anyone from the following groups:

- educators (NGOs, state schools, private schools)
- youth workers
- young people
- theatre students

Previous experience with dance, theatre or any art form is NOT a requirement.

registration & information



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