

BODY∞MIND AWARENESS & INTEGRATED MOVEMENT

Movement sessions guided by Ana Leonor Ladas



As some of you might know, besides being a shiatsu practitioner, I am also a freelance dancer and I guide sessions of dance/movement/improvisation since many years. *Body* (in its full meaning of body ∞ mind ∞ spirit) and *Movement* are the very ground of my practice within all these areas. In terms of vision and approach, we could say, these activities are branches of the same tree that nourish and complement one another.

In consequence of the work within the shiatsu practice and by following individual processes for a while, through time it became clear the importance of complement the shiatsu practice with sessions of movement, where the relation one-to-one in the shiatsu is extended to the relation with a (small and intimate) group; as well it is stimulated expansion of awareness through own moving body.

In any case, these sessions can be taken in complement to the shiatsu sessions or simply on its own for those who are interested and willing in deepening awareness through the moving body. These sessions will happen in the training space of the Shiatsu Centrum Amsterdam itself.

About the sessions

BODY∞MIND AWARENESS & INTEGRATED MOVEMENT

A personalized and evolving process focused on *the integration of body∞mind* in direct relation with the individual's needs and interests. A process through the moving body that stimulates (re)connecting *consciously* to the individual's resourceful and natural potentials while developing ways to maximize, in action, these potentials. A journey of self-discovery promoting deeper understanding and unity within oneself and the relation with the surrounding context.

The approach is dynamic and through the kinesthetic and energetic *Body*. Situations are created stimulating sensorial awareness and a deep exploration within the inner landscapes of the *Body* and its interactions with the external environment.

It stimulates attention and sensibility, expansion of awareness, presence, inner flexibility and stability, inner growth and autonomy of thinking and action. The work serves as foundation for deeper quality of life.

Practical

These sessions will happen in blocks of 3 to 8 sessions and these will be announced with some time in advance. The first two sessions of each block are open for you to experiment and decide if you want to continue and participate in the whole block.

The intention is to work with the same group for the whole block establishing in this way a safe and trusting environment which allows going deeper into oneself' individual process within a stable group.

For whom

It is for adults (and teenagers) interested in developing body awareness (it is not for children as the work would need a different approach). No previous experience of any kind is required, simply coming as you are in whatever state you are. Vulnerability, curiosity, need to understand deeper your own body, it is all welcome. It is also recommended for pregnant women and all body, heart, mind states.

Inscription

For any questions and inscription please contact:
info@kokyushiatsuamsterdam.com
00 31 623893878

The minimum number of participants is 3 and maximum 10

Price

15 € per session

As mentioned above the first two sessions are open as a possibility to decide if doing the whole block or not. Further there is a correspondence of 15€ per the number of sessions of a block. Example, if the block is of 5 sessions the total price would be 75€ per this block, if it is of 6 sessions then the price is of 90€.

Where

Shiatsu Centrum Amsterdam

Lutmastraat 180, (Ingang Training)
1973 HG Amsterdam

When

Coming block May-June is of 5 sessions on Mondays from **9.00 till 11.00**
Mondays: **28 May, 4 June** (open sessions), **11, 18 & 25 June 2018**

(P.s. if these sessions interest you but the schedule is not suitable for you please let me know when it would be suitable and I'll have that in consideration for the future blocks)

Be welcome and warm greetings!
Ana Leonor Ladas

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