

Awakening of Soul and Body

A journey of the body towards the soul and of the soul towards the body.
A dance between Matter and Spirit. An opportunity for conscientious practise through harmonic and expressive movement.

We will connect with the energy of relief and expression. This will allow you to recognize your body's potential for self-regulation and healing and the liberation of our Being.

The tools we will use are movement, meditation, physical contact and self-expression.