

Authentic Movement Workshop



Authentic Movement is a discipline emerging from Dance Movement Therapy. The practice is one of witnessing clearly and focusing on moving and being moved.

The ground form involves two roles, that of a mover and a witness. The mover works with eyes closed and from their internal experience including sensation, emotions, images and dreaming.



The witness practices the loving art of seeing clearly the other through owning their own thoughts, feelings and sensations. This practice welcomes the unknown through spontaneous and mindful action.



Date: February 14, 2010

Time: 4 to 7 pm

Place: Satsanga Retreat - 9767 112 882

Cost: 3,000 Rs

Bernadette Divilly, Dance Movement Therapist

"In this workshop you will have an opportunity to experience yourself from the inside-out. You will be supported to awaken to different body systems and to sense yourself deeply and allow yourself to be surprised in a safe and welcoming environment."