

MovedBy… Silence

An Authentic Movement Circle for Therapists

*Authentic Movement is a process grounded in the relationship between a mover and a witness. Moving and witnessing of moving and reflecting on its inter relationship*

*is helping us to develop an embodiment of a witness consciousness.*

*(The teachings of this course are based on the principles of the discipline of Authentic Movement by Janet Adler)*

The course is designed for therapists, coaches and care workers who are working with clients or groups and have to deal with dynamics of a mutually relationship in terms of projection, transference and counter-transference

on a cognitive level as also on a bodily level. Previous knowledge in the discipline of Authentic Movement by individual classes or introduction courses is preferred (ask for possibilities).

Next to an exploring learning process in depth of the discipline of Authentic Movement, this course will restore you and will help you to (re) discover your inner creative space in quietness, in order to replenish from the work with patients, clients and from institutions or your own practice, where we might be daily available. In quietness and in following your own inner movement, you easily recreate to be present in the moment.

In this first circle of 8 meetings from November 2017 till July 2018 we focus monthly on the (re) connection to our body consciousness in order to trust our full body presence while working with clients, coachers’ or patients. Themes of content are

* Opening Awareness of senses & perception
* Grounding and Filling by remembering Nourishing & Replenishing
* Working with Internal Resistance and Resilience
* Understanding Internal & External Borders and Containers

Authentic Movement supports a respectful exchange so that connecting with the other is stimulated and safely inspired. This course is meant to be a closed circle of a group of maximal 10 people for 9 month in order to build up a continuous and safe practice within the discipline of Authentic Movement.



**Date and Time of the course**

The circle is every third Monday of the month from **9:00-13.00 am**

**Except in the May holiday (Pingsteren).**

**Monday**

**20 November, 18 December, 15 January, 19 February, 19 March, 16 April,**

**18 June, 16 July**

**Costs**

600, - Euro for the whole circle excl. BTW

**The workshop fee is transferred to the following account:**

**Michelle Kurzenacker**

**“ Authentic Movement Intervision Groep”**

**NL89 INGB 000 2839742**

**Upon receipt of the course fee your space for the workshop will be reserved and valid.**

**Please contact me for personal questions or requests on:06-25113388**

**Warm regards,**

**Michelle Kurzenacker**