



THE LIVING BODY

A NEW PORTAL TO BODY AWARENESS

In this course we will be examining the body's resonance and perception as compared to our internal and external environments. The course will provide you with tools to change old movement patterns and limiting body postures.

By acquiring new movement patterns we learn to regulate the autonomic nervous system, gradually providing the body with new perceptions of our selves and our surroundings. An improved posture will strengthen and support us from within, and also influence the way we approach the world. During the course we will work through exercises that help us discover and explore the patterns that provide us with openness, transparency, wellness and strength, as well as healing the patterns that limit us.

A fundamental element of this is our connective tissue, which is key to regulating our movement apparatus, as well as our nervous system, organ function and internal fluid balance. The connective tissue plays an overlooked, but decisive role in our ability to integrate body perception, sensation and movement. We can actively work with the connective tissue and the fluids in our body to achieve more self-supportive ways to move through life.

The practical exercises in this course will deepen your experience of the connective tissue and its resources, enhance your contact with your senses and your nervous system, and strengthen your flexibility, stimulating your vitality and your creativity. As we refine our senses and our empathy, we strengthen our experience of our own resources.

Some of the things we will be working with during this course include:

- de-stressing the nervous system by moving the connective tissue
- building up new pathways in the connective tissue and nervous system
- increasing our resources and find new balance in the body
- bringing self-awareness, strength and coordination to the entire body

The course addresses participants both with and without experience. We learn about the function of the connective tissue of our body, and acquire a set of exercises to relax and strengthen the connective tissue. We will work both individually and in pairs.



My name is Jeanne Jensen. I am trained as an Advanced Rolf and Continuum Movement teacher and have worked with clients for over 20 years.

Always wanting to know more and go deeper, I have over the years pursued further education by leading experts in the fields of neuropsychology, osteopathy, cranial sacral therapy, chock and trauma. My focus is always the body and its resources, and through that new consciousness and freedom to make new choices. It has been an external as well as internal journey, and a constant inspiration in my daily work.

With this training course I aim to share from my extensive experience and knowledge, and inspire through my passion for the body and its mysteries.

TIME & PLACE:

29.11. – 1.12.2013
Friday at 18.00 - 21.00
Saturday and Sunday at 10.00 - 17.00

HELSINKI, Finland

Theatre Academy, Aalto University
Haapaniemenkatu 6

PAYMENT & REGISTRATION:

The cost of The Living Body Workshop is 360€
Payment to account: FI57 1426 3500 0459 74/
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