

THE EMBODIMENT JOURNEY

4 feb - 25 maj 2023

Somatic Explorations in Movement in collaboration between Dansalliansen and Danscentrum Väst

A full semester into the Embodiment process through the practice of **So.M.A - Somatic Movement Attunement ™, Breathwork & Somatic self-management tools. NB!** It is possible to participate occasionally and invitations will be sent out on an ongoing basis. If you do not receive a summons, please contact petra.wormbs@dansalliansen.se

During this semester together, we will explore our Bodies in motion and stillness to gain a deeper awareness into our internal landscapes of Being.
The workshop will consist of four 2 day workshops at Danscentrum Väst and 4 virtual workshops via Zoom.

During the virtual workshop sessions,
we will explore complementing **Somatic tools & Movement exercises** to support and expand awareness of the fascial system, nervous system and organs in the process to deepen & transform the Whole being.

4 in-person Workshops of 2 days each
at Dans Centrum Väst (Göteborg, Sweden)
April 15th - 16th 10.00h - 15.00h
May 27th - 28th 10.00h - 15.00h

4 Virtual Gatherings (online)
May 7th (Sun.) 10.00h - 13.00h
June 7th (Wed.) 10.00h - 13.00h

GAETANO BADALAMENTI, .
Dancer Performer, Physiotherapist & Embodiment Coach
(BSc Hons Physiotherapy). He worked as a professional dancer for over 10 years. *For more information, visit* www.healingmovements.org/

Ansök på https://dansalliansen.se/index.php/w/245

Ledare	**Gaetano Badalamenti**
Startdatum	2023-02-04
Slutdatum	2023-05-25
Tider	Last in-person Workshop 13-14/5 10.00 - 15.00 Last online gatherings 24/5 (Wed.) 10.00 - 13.00
Antal dagar	12 dagar
Sista ansökningsdag	-
Plats	Danscentrum Väst och Online
Adress	Ärlgatan 3