

On the occasion of the International Authentic Movement Day

October 4, 2015

Introductory Workshop in Authentic Movement, Vieusart, Belgium

We invite you to experience the form of Authentic Movement, a form of *active imagination in movement*. The purpose of this workshop is to be in a relationship to one's self, to one another and to the collective, connecting the information and the wisdom stored in the body, thereby opening a creative dialogue to the unconscious. It introduces you to a listening presence to the inner sounds that emanate from the depths, while embracing the openness in a non-judgemental language.

The practice involves a mover and a witness. The mover begins with eyes closed, allowing oneself to be moved by the inner world of images, sensations, memories, or emotions. The witness brings conscious attention to the mover, follows the inner impulse of witnessing, observing images, repetitions, patterns, or expressions that arise in the process of being with the mover. At the same time, the witness provides a safe and contained presence. Mover and witness come together to share the experience, ground the movement sequence into words and bring a bridge between language expression and inner experience.



Photo Credit: "Peering through the Cosmic Sphere" from L 'atmosphère: Météorologie Populaire, Paris 1888, by Camille Flammarion.

The powerful implications of Authentic Movement as an embodied healing process will be briefly pointed out in the light of major therapeutic approaches such as D.W. Winnicott's holding environment, C. G. Jung's alchemical model of transformation or P. A. Levine's Somatic Experiencing.

Facilitators: **Georgia Aroni**, Clinical Dance / Movement Therapist, Trainer BTM, GDTR Sr, Authentic Movement Practitioner. www.aronig.wordpress.com

Françoise Bacq, Clinical Psychologist, Jungian Analyst in Training (SBPA) Art Therapist, Certified Coach ECA. www.atmavictu.be

Public : The workshop is open to people with or without movement experience and it may be of special interest for those working in the field of psychotherapy, coaching, education, creative therapy, or Somatics. Please contact the facilitators for any mental health issues.

Practicalities:

- The working language will be English and French.
 - Please bring comfortable clothes with you, as well as your journal or drawing sketchbook. Paper and art materials will be provided.
 - Coffee and tea will be provided as well, please bring your lunch snack with you.
 - A CPD attendance will be provided upon request.
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Date: Sunday 4 October 2015 – From 11:00 to 16:00 with an hour pause for lunch.

Venue: Centre Carpe Diem, Vieusart, between Wavre and Louvain-La-Neuve, off the E411 highway. www.centre-carpediem.be

Cost: 40 Euros. Invoice available upon request.

Registration: Final booking date: **Friday, September 25, 2015**

Please contact Françoise Atmavictu.psy@gmail.com or Georgia aronig@t-online.de

No registration will be considered without a bank transfer to the following account:

Atmavictu sprl (IBAN: BE 15 0682 4028 8730 - BIC: GKCCBEBB, please mention your name + workshop 4-10-2015)

Excited to see you in October 4, 2015!

Françoise and Georgia