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Workshop title:
„MESSAGES OF OUR BODY – REFLECTIONS IN MOTIONS”

Duration: 1 h 45 mins on Wednesday, 1 h 30 mins on Friday

Goal of the workshop:

Expressing of our values in movements. Let's show who we are without any word. Feel and become aware of the interactions happening inside our body.

We can perceive how space (proximity vs. distance), threat or connectibility affect our presence with the power of the Group.

Concept:

Dance is a precious way to explore the messages of our body, to explore the answers to questions like Who am I?, Where am I going?, What does this mean for me now?, etc. With the help of dance movements, you may also experience how your body reacts in a liberating, unexpected, or emotionally burdensome situation. Dance is also a precious way to explore your identity and express your values without words. During our workshop you will become aware of the interactions happening inside your body. You will perceive how space (proximity vs. distance), threat or connection affect your presence. You will also feel how the power of the group adds to this experience. Please keep in mind that for maximum experience comfortable wear (training clothes, socks or barefoot) is needed.

Learning outcome

- Learning about yourselves through your motions while standing in front of a mirror.
- Paying attention to your body - the "internal mirror" - and its motions.
- Experiencing the wisdom of your body as the source of personal development.
- Observing how your body and your voice connects.

Profile

Judit Joós

Judit Joós is an active dancer and improvisational dance instructor. She likes to work with the "bodily memory" – i.e. recognising the messages of the body. She has a supervisor postgraduate degree that she earned at Károli Gáspár University (Hungary). She is a member of MSZCT and ANSE. She calls her special workshops the "supervision of the body", where she gives participants a playful yet powerful experience with both supervision and dance therapy tools.

Attila Kaló

Attila Kaló has tried himself in the fields of contemporary dance art and movement therapy (m.ed.). Beside his supervision expertise, he is also a relationship therapist working with family-system methodology. His Motto: „If you move, then you live, connect and love!”

Attila has a Supervisor-Coach degree of Károli Gáspár University (Hungary). Since 2022 he is the Vice President of MSZCT (The Hungarian Association of Supervisor and Supervisor-Coaches)