



WORKSHOP

of kinetic awareness & embodied anatomy

TEACHER **ANNETA KOUVELIOTI**

The workshop focuses on gravity, joint movement, body support, balance and vision. During these 3 day course we will learn how to:

- ~ Avoid strains & injuries while exercising, by coordinating bones, muscles and ligaments.
- ~ Develop observation and receptiveness through different approaches.
- ~ Listen & understand our body in practice.
- ~ Get to know our body, as much as our self as a whole.
- ~ Allow our body to teach our selves, as it has a mind of its own, which often «thinks» better than our brain.

Sunday 29/01

- ~ Lecture « when the body thinks better than the mind»
- ~ Gravity
- ~ Relaxation
- ~ Basic joints and mobility
- ~ Movement of different body parts
- ~ Axis and posture

Cost: 45€ + VAT

Sunday 26/02

- ~ Focused and peripheral vision
- ~ How vision affects movement
- ~ Balance
- ~ Axis

Cost: 45€ + VAT

Sunday 26/03

- ~ Receptiveness and body awareness
- ~ Opposition in movement
- ~ Body adjustment
- ~ Holistic body function
- ~ Examples from pilates

Cost: 45€ + VAT

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The seminar will take place all days at 11:00' - 14:00'

Cost of seminar for 3 days 110€ +VAT / **early bird** until 20/01 90€+VAT