

The idea for the conference was born in the beautiful beach Tortoise (Chelona) in Kos last August. Here, in the island of Hippocrates, on a beach opposite Nisyros, is a place of inspiration and intellectual upliftment, an ideal place to transform a vision to a reality. The vision was to allow everyone access to techniques of therapeutic movement, to integrate all parts of ourselves, and to release mental and physical pain. This journey of realization teaches us that we do not just have a body but that we truly live in our body. Through this type of work we are able to acquire knowledge and discover unknown aspects of our physical selves and our total existence. This awareness is the foundation for optimum quality of life, daily moments of abundance and joy, and indeed, for happiness itself.

The techniques of therapeutic movement are not well known to the public at large. Rather, they are understood by only those few trained in these methods. In this first Experiential Conference of Therapeutic Movement, Well-being and Joy we shall be introduced to and/or enhance our knowledge of Pilates, Alexander Technique, Feldenkrais, Fascia and P.S.P., Butoh, Yoga and Meditation, and other effective and joyful techniques. These tools improve the body aesthetically and structurally, offer solutions for bodily pain, integrate us holistically and offer mental harmony and joy. These seminars are geared for all types of people: Pilates and yoga teachers, dancers, trainers, athletes, physiotherapists, and psychotherapists as well as those who have not worked with their body, those who suffer from physical pain and people who live sedentary lives or spend their days in an office. The workshops will also be of interest to artists, actors, public speakers, lawyers, journalists, and politicians. All will have the chance to be guided from charismatic master teachers and practice advanced techniques of therapeutic movement.

Working deeply with the body and mind we can change, develop, and free ourselves!

Conference commencement: Thursday, 3 June 2010, at 18.30

Conference ending: Sunday, 6 June 2010, at 14.30

#### WORKSHOPS:

Body Control Pilates / Refined Pilates / Hatha Yoga with Sacred Sound / Ashtanga Yoga / Fascia / P.S.P. / Alexander technique/ Feldenkrais / Butoh / Sound Balancing / Meditation / Aroma Healing/ Flower Therapy / Homeopathy / Fingertips Energising Massage and Shirodhara / Narrative Art

#### TEACHERS:

Jenny Colebourne / Mitsi Pippa / Richard Orbach / Jean Humpich and Team / Ulrike Hassbach Doussis / Ioanna Garagouni / Didi Ananda Uttama / Joe Tornabene / Despoina Grigoriou / Michelle Dougan / Natali Menegatou / Eugenia Minakouli / Eva Michalaki / Marie Woodward / Markela Karamaouna / The Aithra Team / George Eugenikos

ORGANIZATION: Natali Menegatou, The Secret Place

Accommodation in the Hotel Doubletree by Hilton Resort Kos Helona to:

Single room

Double room

Conference participation fee:

Double Room: 570 euros

Single Room: 670 euros

The cost includes:

Participation in the following experiential workshops: Pilates, Hatha Yoga, Ashtanga Yoga, Fascia – P.S.P., Alexander technique, Feldenkrais, Butoh, Sound Balancing, Meditation, Fingertips Energising Massage-Shirodhara, Narrative Art, as well as lectures regarding Anthotherapeia/Flower Therapy and Homeopathy, three overnight stays in the hotel, half board accommodation (buffet in the central restaurant), use of the internal swimming-pool, Turkish bath, sauna and gym, transfer from and to the Asklipieio.

Special offer for persons accompanying congress participants: 165 EUR -3 nights in Double Room incl. buffet dinner or 264 EUR in single room. Children aged under 12 years are free of charge.