



Yoga

Breath  
Dance  
Yoga

A Dynamic Journey to the Self

# Breath – Dance –Yoga

# A Dynamic Journey to the Self

**Saturday June 08<sup>th</sup> – Monday June 10<sup>th</sup> 2019**

This workshop addresses people who are interested in using breath and dance for self-exploration and unfolding the own potential.

**In Holotropic Breathwork**, accelerated breathing, evocative music, process-oriented bodywork and intuitive drawing facilitate access to the own inner wisdom. In a non-ordinary state of consciousness, participants can experience and transform topics of their own personal history or birth and actualize transpersonal interconnections. Inner spaces are opened in which healing can take place.

**Dancing Meditation** allow participants to express their individual experiences on the dancefloor. Guided by music and specific instructions, participants will be given space to feel the process of this weekend's journey also in their bodies and let it flow into their own dances.

**The Yoga** sessions are held before the breathwork and will support the process of grounding the participants and gently opening the body. As we move in consciousness, we feel centered and present in our bodies and become aware of the flow of our own life energy.

**Date:** Saturday, June 08<sup>th</sup> 13:00 o'clock until Monday, June 10<sup>th</sup> approx. at 18:00 o'clock

**Participation Costs:** € 230,- early bird special € 190,- until April 30<sup>th</sup> 2019

**Location:** Seminarhaus AHOM, 3001 Mauerbach (close to Vienna) - <http://www.seminarhaus-ahom.at/>

**Registration&Contact:** [Norbert.koppensteiner@uibk.ac.at](mailto:Norbert.koppensteiner@uibk.ac.at)

**Accommodation (if required):** <http://www.seminarhaus-ahom.at/>

## Facilitators:

**Norbert Koppensteiner** is a peace researcher and facilitator with emphasis on breath and dance, certified in Holotropic Breathwork after Sylvester Walch <http://koppensteiner.wissweb.at/>

**Karin Michalek** Psychtherapist (in Supervision) Integrative Gestalttherapy, certified facilitator in Holotropic Breathwork (IHTP, GTT) [www.karinmichalek.at](http://www.karinmichalek.at)

**Marion Knotzer - Meir** teaches Yoga and Open Floor Conscious Movement Practice