

BODY MAPS

CREATIVE LEARNING OF THE INTUITIVE LANGUAGE OF
YOUR BODY CYCLE OF 6 CONNECTED WORKSHOPS

This workshop focuses on developing intuitive awareness of the physical body in a creative way.

Maybe you think that you know everything about your body, it annoys you, you torture it with million different diets and beauty treatments, and you generally feel bored or unhappy with it. If this is the case, this workshop is for you.

We tend to treat our body as a size of our clothes, or a stubborn servant that must be conquered by our interventions. This is so unfair. Our body is the precious witness of our existence. When we learn how to respect and hear our body we become sensitive and awake to our genuine needs. Our body is a powerful teacher who awakens our awareness. Everything we have ever experienced gets encrypted in and on it. Sometimes our mind does not want to remember, but the body knows everything. To meet your own body means to directly get to know your subconscious and open your heart to all that you really are.

The purpose of Body maps workshop is to enable us to listen messages coming from our body in a new, intuitive, feminine way and to help and support our body to connect and heal all of its parts. As a consequence of this process we connect to our body in a new, loving way and we are able to accept it as it is, and accept ourselves as we are. During the 6 three hour sessions we shall get to know our own body, read its signposts, explore its reliefs and texture, look for the sources of water, fire and light, discover realms of life and death and uncover different landscapes and terrains, which we shall paint on piece of paper. The body map is painted on large pieces of paper (1.5x2m). This is in itself a challenging and intriguing experience.

We shall focus our full attention on our body and get in touch with those parts of the body where there is a severed or no connection, or emptiness, as well as these parts where you feel abundance and fullness.

The workshop includes conscious breathing, meditation, movement, free dance and free painting.

Welcome!

Note: Minimum 4, maximum 6 women per group when in Pathways Centre space in Zagreb

Price:

when in Pathways Centre space in Zagreb, Croatia 150 euro per person

Locations out of Croatia: Please contact info@centarstaze.com

How to apply: Please fill the application form

Questions: info@centarstaze.com