

Authentic Movement

Practice circle

*This practice space is open to anyone with **some experience** of authentic movement and a willingness to deepen their practice. With a strong grounding in the inner witness we will explore different practice forms such as:*

Dyads – Triads – Long Circle

Authentic Movement has been a fundamental practice for me both personally and professionally. I find this practice revealing, grounding and inspiring. I am aware of the depths of growth and transformative aspects this practice can bring for those who commit to it. My intention with holding these series of circles is to create a space where participants feel safe to explore this potentially transformative practice with commitment, respect and compassion for self and other.

We will start with 3 monthly sessions with a view of continuing for a year.

Place:

North London – venue is 3 mins walk from Highgate tube station

Dates:

Fridays: 13th October, 10th November & 8th December from 6 to 8pm.

Fees:

Full fees £120 or £60 deposit by 10th September and remaining £60 by 10th October.

Spaces are limited to up to 8 people.

Please note that deposits are non-refundable

The Facilitator – Brenda Naso

I am a qualified Dance Movement Psychotherapist and Clinical Supervisor with an MA in Dance Movement Psychotherapy (DMP). I am also a Somatic Movement Therapist, trained at the Institute of Bodywork and Movement Therapy. I have 17 years of clinical experience working in mental health services with people from different walks of life including the NHS, charitable and private sectors. In addition, I am a lecturer on the MA DMP training course at Goldsmiths College, University of London, one of the three accredited DMP trainings in the UK. I also teach and offer supervision on a number of other DMP trainings including offering Authentic Movement workshops nationally and internationally. Since 2007, I have been studying and practicing Authentic Movement with Linda Hartley and have assisted her in teaching this practice.

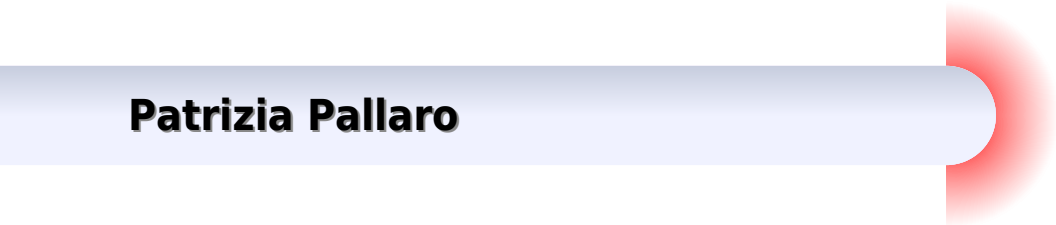
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Authentic Movement V 1

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