

Moving in Nature



Living your experiences through movement, sharing, and bringing awareness to our structure offering new ways to understand the expression of the body from the connection to oneself, to others, to the environment, and to the elements (land, water, fire, air, and ether). Explore, discover, y create from Nature from dance, yoga, massage, silence, contact improvisation, mountain dancing, authentic movement...**consciousness**.

MOVING IN PURE NATURE. SPIRIT IN FREEDOM. GROWTH. WELL-BEING.

Workshop accompanied by **Laia Minguillon**. Expert in the body and its movement, transmitter of her knowledge as it is always in evolution, learning from nature about nature, her warmth, her time, her respectful way of doing and being in the world around her.

Moving in Nature is a workshop divided into **5 sessions** (April, May, June, July, and September). The workshop will allow us to discover our bodies and our creativity together with the Elements: **Earth, Water, Fire, Air, Ether**. Discover nature, the ability to share and connect with ourselves and others. Movement that allows us to express ourselves, and nature that offers us companionship and inspiration.

The Earth will guide us to bring more awareness of our structure (skeletal system), of our roots (feet, legs, and pelvis) as well as of our basic needs (the survival instinct).

To go deeper into the Earth element we will work with the technique **Contact Improvisation**, working hard from our body's center in relation to the Earth, to the other person, or to another natural element. In a partner dance one must be attentive, giving and receiving to not break the fluid of the movement.

Water will open us up to a greater awareness of our emotions (digestive system, abdominal area of the body), the flow of our movement quality (body fluids), the dynamics of giving and receiving (feelings). To observe the element water we will use the technique of **Authentic Movement**, letting the body express itself freely as a canal for the emotions without being guided from the outside and always accompanied with a neutral internal gaze.

The element of **Fire** will activate and become more dynamic (muscular system) to dig into the part of our personality most buried (upper torso, arms, hands) and to discover our capacity to take action (ego).

The Fire element will be accessed with through a technique called **Climbing Dance**, building our confidence to reach physical and mental goals outside of our comfort zone.

The element of **Air** embodies the aspects of knowledge, thought, and understanding (nervous system) allowing us to gain greater awareness of the senses (upper part of the body) as well as our ability to communicate (our thoughts).

Meditation will help us connect with our air through specific exercises which allow our thoughts to flow without having them retain their importance. Finding a space and state of emptiness and expansiveness, a here and now without mental filters.

Ether is an element that gives space to the existence of the other elements, it's what the other elements express (pelvis cavities, abdomen, diaphragm, respiratory tract, mouth, nose, and ears). It represents consciousness, self-knowledge and peace.

With Ether we connect through **Thai Massage** offering our body the time to stretch and expand, to give better mobility to our joints, more flexibility to our muscles and more fluidity to our body fluids (blood, lymph, mucus) working from the fascia.

