

The Magic of Unintentional Movement

Feb 19, 7-9 p.m. CET

dear friends,

i am looking so much forward to learn, play and work together
in the movement channel, discovering the magic of
unintentional movement!

Unintentional movements include **gestures** that don't go along
with the content of our speech, as well as **movement processes**
like tripping and losing balance. instead of trying to control
or correct these – we will practice following them to find the treasures
of the information that they bring – following the concept
that our experiences that are most “**out of control**” bring wisdom
and new ways out of our everyday mindsets and identities
that can open surprising and often wonderful new worlds
and directions.



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