



CORE PRACTICE

IM ÜBERGANG // IN TRANSITION

VON NACHT & TAG

OF NIGHT & DAY

November 10 - December 7 2022

livestream online

Breath Flow Aliveness

4 morning sessions: tuesday morning from 8.15-9.30h

Deep Relaxation, Sleep & Dream

4 evening sessions: thursday evening from 20-21.30h

Body-Mind Practice with Kristin Guttenberg

iN TRANSiTiON of NiGHT & DAY

iM ÜBERGANG von NACHT & TAG

livestream online

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Deep Relaxation Sleep & Dream

4 x thursday
evening
from 20-21.30h
on
10.Nov / 17.Nov /
24.Nov / 8.Dec

Body-Mind Practice

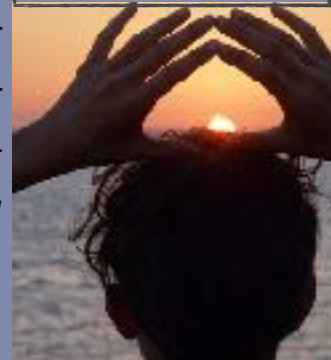
with

- *Breathing Practices*
- *QiGong*
- *Deep Relaxation*
- *Meditation*
- *Mental Training*
- *Energetic Psychology*

A practice course for resonating with the inner world and outer world To bring inner and outer rhythms into harmony and support somato-mental and emotional balance.

Breath Flow Aliveness

4 x tuesday
mornings
from 8.15- 9.30h
on
15.Nov / 22.Nov
29.Nov / 6.Dec



- Guidance: Kristín Guttenberg
- Registration: info@themovingacademy.com

Upon registration, you will be sent the link to the virtual studio and the bank transfer information (we kindly ask to transfer the participant fee before the start of the course).

Course fee :

Whole series: 115€ // Students and other reductions see below*.

Morning series only: € 65 // Students and other reductions see below*.

Evening series only: € 65 // Students and other reductions see below*.

Single sessions & Drop-in: 18€ // Students and other reductions see below*.

Drop-in is possible at any time

* *Students are free to choose the amount of the participant fee// solidarity donations for students and others are very welcome (tax deductible) // further reductions please see p.3 **.*

TIME
SPACE
RESONANCE

Transitions are key moments that can be physiologically and psycho-emotionally challenging. Especially in the daily transitions between day and night, waking consciousness and sleep, we can consciously and effectively perceive the physical-mental interplay and our essential rhythms and vital regulations in the organism and bring them into better alignment.

In the coming weeks, the series will offer impulses for a sensual and meaningful transition into the days and nights.

Experiencing inner space and establishing a relaxed sense of space and time is essential and supports all aspects of our lives. The two complementary series focus on effective physical-mental exercise practices with elements of yoga, QiGong and mental training to open physical, mental and emotional space in a simple way, and to use the upcoming long nights for regeneration.

In the persistent troubled situation, the energy of many of us moves between stagnation and restlessness. Searching and addictive tendencies can increase. Core Practice offers a methodical integration of neuro-physiologically effective and well-researched approaches with breathing exercises, meditation and other body-mental exercises for daily practice. To find inner peace and strength, to stimulate the body's natural inherent drugs and to strengthen confidence, for a natural, more stable and lively basis in challenging moments and times.

Kristín Guttenberg

is a trainer and instructor for physical-mental training forms, a movement artist and a state-certified body therapist & health educator. She develops and teaches programmes at arts colleges and institutions in the areas of Performing Arts Physiology, Body Mind Practices, Personal Mastery and Stage Presence, Artistic Leadership and Feedback & Communication.

*** Financial issues: In order to make participation possible for all interested persons, payment by instalments is possible if required. In cases of hardship, a reduction of 20% of the participation fee can be decided by the persons concerned. In these cases please inform us with your registration.*