

Open Floor Movement Practice

with Deborah Jay-Lewin

heartfulllife

GENEVA, Switzerland
9-11 November 2018

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DANCE FOR TRANSFORMATION


OPEN
FLOOR
international



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There are plenty of reasons to guard your heart these days. You don't have to look far to see the inhabitants of this earth are troubled; on a screen, down the street, through the window of a train. Then again, almost every day I see or hear something that makes me smile, feel peaceful or excited about the innovative times I am living in.

What is it that makes a difference? Is it perception? Is it how you are feeling? Or how you feel about your feelings?? Come spend the weekend on the **Open Floor** using movement consciously, to liberate your body and become the most tender, inspiring, engaged being you can humanly be.

Counts as **14 hours** towards **OF teacher training**.

Times Fri 19:00 – 21:30, Sat 11:00 – 18.00, Sun 11:00 – 17.00

Price Full price 290CHF, **Early bird** 260CHF, paid in full by 29 Sep 2018, **Super early bird** 230CHF, paid in full by 29 June 2018, **Friday only** 30CHF, 20CHF reduced

To book and for further info contact Clément de Senarclens:

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"The heart that breaks open can contain the whole universe." **Joanna Macy**



photo by: Natasha Lyngoe

Deborah's teaching is infused with her 30+ years love affair with both the Findhorn Ecovillage Scotland and the world of conscious movement practice. She is a senior

practitioner in her field having trained with Gabrielle Roth in 1994 and a founding member of Open Floor International since 2014. Deborah's knowledge of and respect for the wisdom of the body is incisive and contagious.