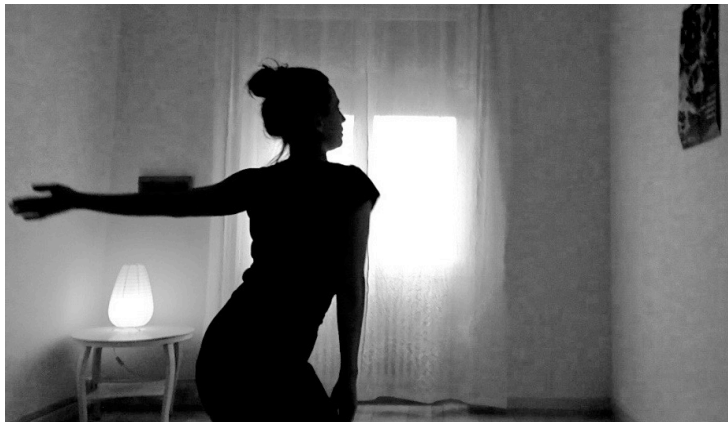


dance, move..... improvise!

this workshop is a journey through different states and transitions.

perceiving the body in different textures and consistencies, you find new qualities of movement by discovering the power of your imagination.

we will start with some very simple movement patterns, connecting to our breath in order to release unnecessary tension and invite flow and inspiration.



**saturday september 26th**

**10-12.00**, cirqu enflex (warteck) basel

**sunday september 27th**

**11-13.00**, chronos movement basel

2 days: 70.-sfr. / 1 day: 40.-sfr.

earlybird: 10% until sunday, september 13th

info / sign up: [awillener@hotmail.com](mailto:awillener@hotmail.com)