

Embody Your Energetic Presence!

WHY?

- Invite yourself to energetically grow:
 - Integrate your energetic presence by freeing energy flow
 - Invite natural flows without fear, thinking or attention
 - Interact energetically with people and music
- Enjoy the results of energy rather than evaluating them
- „Being“ is more than „having a body“
- Stimulate applied anthroposophy:
 - A new view of the physical body and movement
- Apply ideas to movements from ballroom dancing



HOW?

Theory abstract, timeless

- „Physical Body“ vs „Body of Energetic Presence“
- Energy (the physicist's view)
 - fundamental concept to mentally modelling life
 - not used – flow is what counts
 - not personal, only one form
- Energy flow
 - Flows on demand; breath supports
 - Fear and attention may hinder it
- Sensing and thinking as “energetic processes“

Experience concrete, immediate

- Body of Energetic Presence
 - Experience „boundaries“
 - Experience connections to physical body
 - Integrate through posture, breath and voice
- Exchange energy with others;
 - through movement, touch and voice
- Experience movement through awareness of the body of energetic presence

WHO?

- Participants:
 - Every Human Being
 - Command of English or German
 - No further prerequisites
- Convenor:
 - MarkusM
 - dancer, philosopher, mathematician

Trivia

- **Time:** Saturday, May 15, 15 - 18
- **Venue:** „Yoga und mehr“, Radetzkystrasse 5/1, A-Graz
- **Registration:**
 - <http://www.doodle.com/9inbwvf7rips7f6c> (binding)
 - or email: markus.a.mueller@googlemail.com
 - Max. Number: 20. First come, first serve.
 - 20 Euro on arrival (young persons: 12 Euro)