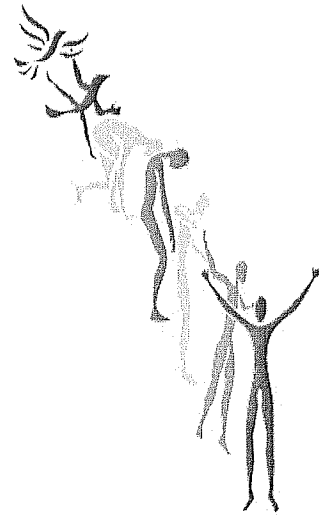


Soul Moves



“The body’s primal language is movement and movement is the language of life.”

In Soul Moves you will have opportunities to experience your body in new ways through movement exploration, self awareness and relaxation. Freeing and increasing our range of movement can also be a way of building a more flexible and toned body. Soul moves expands and deepens our level of awareness of ourselves in motion, and has the potential to give access to and expression of our personal stories.

During the sessions you will be guided to find your own movements to express your unique inner experiences. We will be using the mediums of creative movement, intuitive drawing and writing to shape and express ourselves physically, mentally and emotionally. These classes are open to those who seek creative expression. No previous experience is required while offering new resources to those already dancing. Please wear comfortable clothes eg: track-pants, layered tops.

“ All our life experiences and stories live and are held in the muscles, bones and soft tissue of the body. Our personal history shapes the body ... and determines how we feel, move, think and act...” (G. Hoffman Soto).

DATES FOR 2009 AUGUSTINE CENTRE 2 Minona St. Hawthorn
Melways Ref. 45, E11

Term One: Feb 2nd – March 30th	8 weeks	\$176/ Concession \$150 (no class Mar. 9)
Term Two: April 20th – June 22nd	9 weeks	\$ 198/ C: 168 (no class June 8)
Term Three: July 13 – Sept. 14th	10 weeks	\$ 220/ C: 180
Term Four: October 5 – Dec. 14.	10 weeks	\$ 220/ C: 180 (no class Nov.2)

Tiana is a Somatic Movement Therapist, and an associate teacher of the Halprin Life/Art Process taught at Tamalpa Institute in California.
She has many years experience in creative movement & dance listing her influences as Tony Norquay, Anna & Daria Halprin & G. Hoffman Soto.
Tiana is an associate member of the DTAA(Dance Therapy Australia Association).
Her facilitation supports a safe & vibrant environment for participants.

www.tamalpa.org

For further inquiries and bookings: Phone Tiana on (03) 9574 9016 m: 0421 045
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