

BODYWISDOM

Foundation Spain



BENICASSIM 13-14 JUNE 2015

WHOLE BODY WALKING

Walking is man's best medicine"
Hippocrates

*All truly great thoughts are
conceived by walking.*
Friedrich Nietzsche

WHOLEBODYWALKING

**How to repattern the whole body through the walking
experience**

Sports are neither good or bad for our body. It depends.
Because sport activity simply amplify our patterns.

While unnatural patterns deteriorate our body, healthy
ones progressively regenerate and integrate it.

This workshop is aimed to understand, perceive,
experience and embody the most important patterns
involved in walking.

The result of such a process is a light, fluid, grounded,
and effortless walking and thinking.

Dates: June , 13&14 2015

Teacher: Dr. Jader Tolja

Place: Benicassim, Spain

Price: 240€ before May 1st after that 275€

Bring: socks, comfortable shoes , we will walk in the
beach and in mountains, comfortable clothes

For reservations and accomodations

Contact: www.bodywisdomspain.com
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