

ATB 3



This workshop lasts for **three days** in which participants explore the principles of ATB and their practical application. They are introduced to how to guide an ATB class and to how to organise an ATB program building it up in such a way as to address the needs of the individuals of a group as well as the group itself.

The themes we will be working on are the following:

- **Structure Settings:** Landscapes constructed with various elements which offer the possibility for self exploration and self knowledge. The activity requires from the participants an awareness of their own physical boundaries and the physical boundaries of the others.
- **Sticks:** Group activity which helps to develop the capacity for being in the present moment, it improves the use of the peripheral vision and increases the sense of rhythm.
- **Physical structure exploration:** new exercises to deepen the awareness and conscious control of contraction and relaxation in the body.
- Partial exploration of the **Elements Water and Earth** to sense the effects of these Elements in different parts of the being.

Dates: Saturday 4th June - Monday 6th June

Times: 9am - 5pm each day

Cost: €160

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