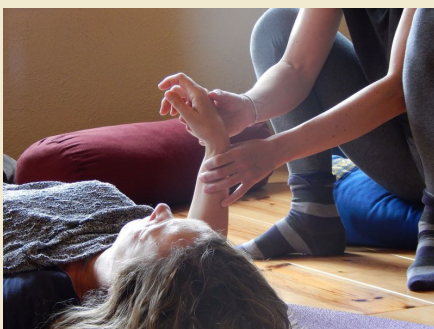


Awareness Through the Body 2

26th–28th May 2017



- Refresh, deepen and integrate the **basic principles** of ATB explored during ATB 1
- Explore the following new themes:
 - **Sensory awareness:** through exercises that open and refine the senses, participants observe the effect these have on the different levels of his/her being.
 - **Exploration of emotions:** through exercises that offer the opportunity to acknowledge various emotions and noticing the effects that each emotion has on a physical level, and helping to develop "witness attitude".
 - **Collective games:** explore group dynamics and the influence of individuals in a group and the group on an individual.
 - **Physical structure:** awareness exercises that help to develop conscious control of contraction and relaxation in the body.
 - **Awareness of Form:** experience how the form the body takes evokes a different perception of oneself and calls in the being different qualities or attributes.



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