

# HEALTHY ACTIVITY WITH JOY AND RHYTHM THAT MOVES

Experience how it is possible to leave the usual path with surprisingly simple methods in order to speed up the healing process with balance, strength and liveliness.

With simple exercises accompanied by music, rhythm and movement, you recognise straightforward paths that help you to get rid of physical and mental burdens. Support the healing process with more lightness, appreciation and autoregulation, but especially acceptance towards yourself and your body and truly enjoy life again as a consequence.

The exercises and movement patterns get playfully implemented and simultaneously integrated in the body. The experienced things already get automatically integrated and implemented in our daily lives on the next day through our cells' intelligence ("cell psychism").

Lightness and good handling of yourself is the main focus.



## This moving method causes:

- **experience lightness in your movements**
- **get rid of burdens in order to be for yourself**
- **promotion of self-healing through the recognition of your strengths**
- **strengthening of the self-perception concerning body, spirit and soul**
- **authentic and confident appearance**
- **more creativity in the daily life**
- **Healing processes are accelerated**

**An innovative movement system that helps to promote and integrate humans and their strengths. Increased self-motivation and appreciative handling of oneself are achieved through special exercises.**

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One unit (90 minutes) is guided by me with a lot of rhythm and movement, specifically selected music and exercises that suit the topic; usually in groups between 15 and 200 (or more) people. The simple, but also enjoyable exercises are either experienced alone, as a couple or in a group.

**If you are interested, just contact me!!**

