



Soul Motion®:

Stand tall

[Awakened Self]

"And the day came when
the risk to remain tight in a
bud was more painful than
the risk it took to blossom"

Anais Nin

Soul Motion®: Stand tall [Awakened Self]

with Camilla Steen Larsen

We will move within to find what might have become hidden for us and rise through the wilderness. Being a soul in motion our life force energy becomes our inner guide. We will commit to this force, our inner fire, be moved by it allow it to flow through us and give expression to it. Through the dance we shake off what is not needed anymore and what is ready to be lit will unfold. We will stand tall, rooted and spread our wings wide.

Whenever you and I are willing to take a stand we show up with an available heart listening for what is present and be with what is.

Soul Motion is a free form movement experience. We will play and move in all directions with equal attention, both alone and together as a community. Soul Motion is a conscious dance practice that views movement creativity as an inherent expression for every body. Awaken yourself to joy, to increased pleasure in moving your body to a new uncovering of You. No previous experience is necessary, only your curiosity and desire to move and be moved.

June 14-16, 2019

Friday 18:30-21.00

Saturday 11.00-18.00

Sunday 10.30-17.00

Raum für Stille und Bewegung

Hermannstraße 17

26135 Oldenburg

210€ if paid by May 1st 230€ thereafter.

Registration: Doreen Tönjes at email: doreen.toenjes@gmx.net

Camilla passionately lives her dream of bringing dance as a lifestyle to the world as an entry to come one step closer to ourselves. She believes that every single one of us are unique and make a difference. Camilla brings over 25 years of experience in teaching movement, dance and life change. She is a licensed Nia (Black Belt) teacher and a certified Soul Motion teacher. WWW.BE-MOVED.DK

