

MOVING AND BEING MOVED FROM WITHIN

THE DISCIPLINE OF AUTHENTIC MOVEMENT

October 2019, Ljubljana, Slovenia



Authentic Movement

... is a practice in which you listen and feel inwardly and express bodily that which wants to unfold just now in the present moment. It is a way of working with movement, with eyes closed, without music, without expectations from the outside, in which your body and your very personal movements show you the path towards the depth of your inner being, your truth.

This work includes the experience of being seen in this process and the opportunity to share your experience in language, enabling integration.

The Discipline of Authentic Movement

... is a specific way of authentic movement work, a wonderful embodied way to practice awareness, supporting the personality and the self to mature. It is a spiritual path that always includes working with personal psychological development. Through the specific structure and the careful attention given to language you develop your awareness and practice a friendly attitude towards yourself and others. This supports your inner witness / the inner observer and thus lays the ground for healing experiences and the development of consciousness.

Introduction: Friday October 18, 19.00-21.00/21.30

This evening gives an introduction and offers very first steps towards this path. It is held in English. If you feel to need translation please let me know in advance. Costs: 20 €

Group work: October 19-20, Saturday 10-13 and 15-18, Sunday 9.30-12.30 and 14-17

If you didn't work with me before, please book additionally an individual session on Friday and come to the introduction on Friday evening, so we can make sure this kind of work fits to your needs.

Costs: 150 € (for participants from Central or Northern Europe: 200 €)

Individual sessions available on Friday October 18 during the day.

Costs: 50 € (for participants from Central or Northern Europe: 70 €)

Location: Metta center, Resljeva 36, Ljubljana



Irmgard Halstrup (Dipl.-Psych.) works as a psychotherapist and as a teacher of the discipline of authentic movement, with degrees as psychologist, psychotherapist, dance-/movement therapist, supervisor, Somatic-Experiencing-practitioner and Narm-practitioner.

You can find more information about her and her work on www.authentic-movement.de.

Further information and registration:

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