

"THE PERCPTIVE MIND... TO BE
AND NOT TO DO"

"DANCING BEYOND"

15-16 JUNE
SUNDAY AND MONDAY



HOSTED BY PAOLA
CAMPAGNA

AT: GIO-MOUVEMOTIONS
AVENUE DE MIREMONT 35
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"THE MIND IS LIKE THE WIND AND THE BODY LIKE SAND, IF YOU WANT TO
KNOW HOW THE WIND BLOWS YOU CAN LOOK AT THE SAND."

B. B. CHOEN

THE DANCE THAT IS PROPOSED USES MOVEMENT, IMAGES, APPROPRIATE AND
SPECIFIC TECHNIQUES AS MEANS FOR EXPLORATION AND KNOWLEDGE OF
THE SELF. THESE TOOLS PROMOTE THE DISCOVERY OF ONE'S OWN CREATIVE
POTENTIAL WHICH, USED AS AN INTERNAL RESOURCE, ALLOWS ONE TO FACE
DISHARMONIES, BLOCKS AND PSYCHOLOGICAL AND/OR RELATIONAL
DISCOMFORTS.

THESE MEETINGS ARE AIMED AT THOSE WHO WISH TO BEGIN OR DEEPEN
THEIR PERSONAL GROWTH PROCESS. THEY AIM TO LEAD PARTICIPANTS
TOWARDS THE RECOGNITION AND EXPLORATION OF THEIR OWN
MOVEMENT METHODS, THE UNDERSTANDING OF THE EMOTIONAL AND
SYMBOLIC CONTENTS EXPRESSED IN THEM, A GREATER INTEGRATION
THROUGH THE POSSIBILITY OF GIVING SHAPE TO THEIR MOST AUTHENTIC
SELF.

THE MEETINGS WILL TAKE PLACE IN A WELCOMING AND NONJUDGMENTAL
CONTEXT, IN A GROUP WORK EXPERIENCED AS A CONTAINER OF DYNAMICS
OF COMPARISON AND EXCHANGE, WITH ATTENTION TO INDIVIDUAL
SPECIFICITIES

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DATES

SUNDAY 15 JUNE → 10:00/12:00

MONDAY 16 JUNE → 18:30/20:30

HOSTED BY PAOLA CAMPAGNA: PERFORMER, CHOREOGRAPHER,
CONTEMPORARY DANCE AND ARGENTINE TANGO DANCER, DANCE
MOVEMENT THERAPIST, GRADUATED IN MOTOR SCIENCES, BMC® SOMATIC
EDUCATOR, APID®

SUPERVISOR, SHE HAS BEEN WORKING AND RESEARCHING FOR YEARS IN BOTH
THE ARTISTIC AND CLINICAL FIELDS.