

LIVING IN CONTACT

How Bodies Organise in Relationship



9–10 January 2027 • Luxembourg

Two-day experiential Core Strokes® workshop



Through breath and movement, including explorations from the Energetic Breath Cycle™, as well as touch, sensation and relational exercises, this experiential Core Strokes® workshop investigates how our bodies organise contact and organise in contact.

We will explore

- Fundamental relational needs
- Proximity and distance, boundaries
- Reaching and withdrawing, support and resistance
- How another person's presence influences the way we breathe, move, feel and respond

Introducing the Living Participation™ Framework: an embodied understanding of how experience emerges not only within us, but also between us and through our participation with others.

with Dirk Marivoet

Founder of Core Strokes® • Bodymind Integrator • International trainer

www.bodymind-integration.com

INFORMATION & REGISTRATION

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Workshop fee: €320 for the two days