

## **Seminar: Self - Consciously to Effortless Movement**

To move effortlessly through life without unnecessary effort is desirable both mentally and physically. To achieve this, the focus is placed on the inner processes and the principles, conditions and phenomena required for this: these are grounding, relaxation, centredness, balance, connectedness and calmness.

In this way it is experienced how mind and body interact and how useful this interaction is.

The key to all this is self-awareness. The more clearly I can perceive what is happening to me, the more likely I am to be able to make changes where I want to. In the seminar, we will experiment with images. Exercises will be done to experience the principles. In addition to freer movements, clear Qigong movements will also be learnt.

This seminar is for all those who are interested in movement. One aim of this work is to take what is experienced into everyday life and thus set a process in motion.

Costs: 130.-

(Regular course participants get a 20% discount)

Workshop location: "Raum für Taichi", Socinstr. 7, Hinterhof, 4051 Basel

Registration: [kontakt@raumfuertaichi.ch](mailto:kontakt@raumfuertaichi.ch)

Further information: [www.raumfuertaichi.ch](http://www.raumfuertaichi.ch)

### **Leader:** Jonas Althaus

Movement person, performer, juggler and guest lecturer for juggling, improvisation and creation at the Academy for Circus and Performance Arts (NL).

During his movement theatre training (Scuola Dimitri 2001-2004) he learned the short form of Taichi Chuan Yang style with Jean- Martin Roy. 2011-2015 he studied with various teachers of Master Chu King-Hung. In 2014 he received his teaching licence from Master Chu. In 2015 he left the ITCCA and became a personal student of Beat Hänkli, who opened up new aspects of natural movement and Taichi Chuan to him.

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