

Somatic Awareness

Learning through your Body

We explore the deep connection between our physical movement and our mental attitude and develop our ability to feel and show ourselves and to relate to others through our body using posture, gesture, face, gaze, space and touch. It's about the joy that comes from moving, without thinking, judging, striving, and then gaining a deeper understanding of ourselves by reflecting on the experiences we make while moving.

We will be using principles and techniques from various moving arts, like bodywork solo and with touch, dance and theater improvisation and martial arts, to develop our sensitivity and flexibility and to gain different qualities of movement, expression and contact. We will work on the floor and in space, in groups, with partners and alone, sometimes with small and subtle, sometimes with big and powerful movements. Additionally we will practically deal with some basic anatomical knowledge.

The work stimulates a personal learning process based on self-awareness through somatic exercises and encounters, and refines body awareness and the self-image. In this way, personal habits and patterns can emerge on various levels; some typical issues are balance, control, trust, courage, security, clarity, openness, softness, attention, energy and other phenomena that show up and are worked on at the level of felt physical movement.

Please bring comfortable clothes and be prepared to make some personal notes inbetween.

Dirk Schuka

Focus on awareness, sensitivity, flexibility, movement, expression, contact. Learning processes from somatic to systemic levels. Works with people who work with people, and are interested in personal development. Background in bodywork, improvisation, martial arts, dance, and in philosophy, sociology, psychology, linguistics.

More information (in german): www.dirkschuka.de

Workshop

für das Institut für Integrative Gestalttherapie
Würzburg (IGW)

Gruppe

Teilnehmende aus China
des Kompakttrainings 2025
im Rahmen der Ausbildung

Sprache

Unterrichtssprache Englisch
Übersetzung Englisch–Chinesisch

Zeit

5 Tage (Montag bis Freitag)
insg. 30 Stunden

Raum

heller, hoher Raum
mind. 7,5 qm freie Fläche pro Person
sauberer, glatter Boden (Parkett)
Matten, Decken, Kissen
Musikanlage

Kontakt

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