

27th of March 2011

RESPIRATION AS ISPIRATION

Ride the breath-wave. Re-ignite the creative fire.

An exciting, deepening and fun experiential workshop about the "Art of Respiration"!

Enhancing our breath helps us grow towards health, balance and creativity.

A deeper understanding of our breath invigorates the practices we love... singing, acting, free-diving, scuba-diving, climbing, running, yoga, tai-chi, martial arts, etc.



Breath is a bridge between body and mind, sensation and thought, movement and stillness. Breath is the one action that connects our whole existence from life to death. And person to person. Inside to outside. And outside to inside.

Through creative breath-awareness practices and transformative movement-explorations we jump into fields of multiple inspiration to the rhythm & sound of our own breath.

Nurture the creative breath of life. Breathe into yourself & others. Contact respiration as inspiration. Each breath is a moment of creative potential.

Fabrizio Dalle Piane specialises in communication between body and being, mind and movement. Creative contact & connection-- within and with others, form the essence of his practice. Whether teaching or giving a session in movement, touch, breath, sound, healing, martial arts or fitness; he combines somatic empathy with messaging the body, creativity with spontaneity.

A former European Karate Champion and bodywork practitioner & developer for over twenty years, Fabrizio has co-written two books and given workshops around the world, from Europe to the US. He inspires students and clients to flow with their natural innate abilities and in turn, is continuously inspired by the flow of those around him-- like water, his eternal muse.

More information: www.alchemyofthebody.com

Schedule

09.30 – 13.00 Teacher and participants introduction – Practice

13.00 – 14.30 Lunch break - Rest

14.30 – 18.00 Practice – Sharing and farewell

Where: "Maitri Yoga & Wellbeing" - Piazza Roma 82/84 a Mariano Comense (Co)

Bookings between March 16th

For Information, cost and bookings, contact:

Daniela Cerati: +39 347 0438969

daniela.cerati@maitriweb.it

www.maitriweb.it