

MINDFUL MOVEMENT: APPLICATIONS

VI ANNUAL INTERNATIONAL BODYWISDOM SPAIN CONGRESS

We are happy to greet all of you with open arms. Our interest for communicating and spreading new discoveries in manual and movement therapies brings us together again for our **VI Congress, BODYWISDOM SPAIN 2018**. Our theme for this edition is: **MINDFUL MOVEMENT**.

Mindful movement promotes body awareness through bringing 100 % of our attention to our movements.

With mindful movement you re-learn how to move optimally with ease. Mindful movement has been described as a key element or a mechanism of action for therapeutic approaches often categorized as mind-body approaches, such as yoga, TaiChi, Body-Oriented Psychotherapy, Body Awareness Therapy, mindfulness based therapies/meditation, Feldenkrais, Alexander Method, Rolfing™ Movement, Breath Therapy and others with reported benefits for a variety of health conditions. In mindful movement we practice to sense our whole body while movement happens and previously to the movement.

Being aware of our movement patterns can lead us to take different decisions with more reflection and this affects not only to ourselves but also to the others, to nature, to our countries and to our mother Earth. **Bodywisdom wants to bring Mindful Movement to all the fields.**

This congress is for:

This is a rare opportunity to study and interact with innovators in the field of body and mind integration. The classes and presentations will provide practical skills for medical and complimentary health practitioners as well as for those in the fields of physiotherapy, Medical doctors, structural integration, massage and manual therapy, fitness, yoga, tai ji, pilates, feldenkrais, psychologists, dancers, somatic movement practitioners and practitioners interested in the dynamic human body. It is a meeting for sharing and investigating the potential which integral treatments and mindful movement have upon health and well-being.

Email: info@bodywisdomspain.com

Where

HOTEL INTUR AZOR
Avda. Gimeno Tomás 1 - Benicàssim, (Castellón)
www.turismobenicassim.com

When

May 24th, 25th, 26th, 27th 2018
Benicàssim

More info at:

BODYWISDOM SPAIN
Phone Number: 0034 964 300 275
Dessert 2, bajo – CP: 12560
Benicassim (Castellon), SPAIN

Benicàssim
24.05.2018 to 27.05.2018

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VI ANNUAL INTERNATIONAL BODYWISDOM SPAIN CONGRESS
www.bodywisdomspain.com

Organizes:



Sponsors:



Collaborates:

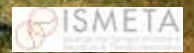


Organizes:

BODYWISDOM
Foundation Spain



Sponsors:



Thursday May 24th

18:00 h.

Inauguration by the authorities

18:30 h.

A good reason for gathering by **Bibiana Badenes (SPAIN)**

Welcome cocktail and meet the presenters

19:30 h.-21:00 h.

Mindful Movement, from stillness to movement with 5 rhythms© Gabrielle Roth by **Helena Barquilla (SPAIN)**

Friday May 25th

8:00 h.- 8:45 h.

Tai ji class on the beach. (Meeting point at Azor Hotel reception at 7:50 AM) QiGong for health From Mindful Movement to Untethered Flow by **Dr. Roberto Mitelpunkt (ISRAEL) 1st part**

8:30 h.-9:00 h.

Delivery of accreditations

9:00 h.-9.15 h.

Congress opening by **Bibiana Badenes , Bodywisdom Spain President**

9:15 h.-10:30 h.

Mindfulness towards a full life by **Dr. Vicente Simon (Spain)**

10:30 h.-11:00 h.

Coffee break

11:00 h.-12:15 h.

What is Mindful Movement? – an exploration by **Ian Jarvis (UK)**

12:15 h.-13:30 h.

Ease through Body Harmony™, by **Andrea Royen and Eva Willenheimer (Belgium and Sweden)**

13:30 h.-15:00 h.

Lunch

15:30 h.-17:15 h.

How to integrate Body awareness in the workplace by **Daniela Razocher (Austria)**

17:15 h.- 17:30 h.

Break

17:30 h.-19.00 h.

Nia Technique, Moving to Heal by **Beatrix Boda**

Saturday May 26th

8.00 h.- 8:45 h

Tai ji class on the beach. (Meeting point at Azor Hotel reception at 7:50AM) QiGong for health from Mindful Movement to Untethered Flow by Dr. **Roberto Mitelpunkt (ISRAEL) 2nd part**

9:00 h.-10:15 h.

Working with Emotions and Behavior in Bodywork by **Bethany Ward, MBA (USA)**

10:15 h.-11:15h.

“Radical Presence: moving with playful compassion“ by **Christa Cocciole (USA/Germany)**

11:15 h.-11:40 h.

Coffee Break

11:40 h.-12:40 h.

The Space Where “I” End and “You” Begin by **Bruce Nelson, (USA)**

12:30 h.-13:30 h.

Trauma-Mindfulness-Soma by **Juditta Ben David (Israel)**

14:00 h.-17:00 h.

GALA LUNCH with Flamenco Fusion Band . Flamenco as expression and connection, conscious movement.

Sunday May 27th

9:00 h.-10:30 h.

The Future of Somatic Movement Education and Therapy: Transforming ourselves and the world through Conscious Movement

ISMETA (International Somatic Movement Education Therapist Association) and Mindful Movement and the Aging Process by **Elisa Cotroneo (USA).**

10:30 h.-11:15h.

The therapeutic aspects of the therapist-patient relationship by **Dr. Roberto Mitelpunkt (ISRAEL)**

11:15 h.- 11:30 h.

Coffee Break

11:30 h.-12:30 h.

How does the Emmet Technique fit into Mindful Movement Philosophy? by **Judith Johnson (UK)**

12:30 h.-13:15 h.

Farewell and congressional diploma delivery

