

Authentic Movement

Practice circle

*This practice space is open to anyone with **some experience** of authentic movement and a willingness to deepen their practice. With a strong grounding in the inner witness we will explore different practice forms such as:*

Dyads – Triads - Long Circle

Authentic Movement has been a fundamental practice for me both personally and professionally. I find this practice revealing, grounding and inspiring. I am aware of the depths of growth and transformative aspects this practice can bring for those who commit to it. My intention with holding these series of circles is to create a space where participants feel safe to explore this potentially transformative practice with commitment, respect and compassion for self and other.

We will start with 3 monthly sessions with a view of continuing for a year.

Place:

North London – venue is 3 mins walk from Hlghgate tube station

Dates:

Fridays: 13th October, 10th November & 8th December from 6 to 8pm.

Fees:

Full fees £120 or £60 deposit by 10th September and remaining £60 by 10th October.

Spaces are limited to up to 8 people.

Please note that deposits are non-refundable

The Facilitator – Brenda Naso

I am a qualified Dance Movement Psychotherapist and Clinical Supervisor with an MA in Dance Movement Psychotherapy (DMP). I am also a Somatic Movement Therapist, trained at the Institute of Bodywork and Movement Therapy. I have 17 years of clinical experience working in mental health services with people from different walks of life including the NHS, charitable and private sectors. In addition, I am a lecturer on the MA DMP training course at Goldsmiths College, University of London, one of the three accredited DMP trainings in the UK. I also teach and offer supervision on a number of other DMP trainings including offering Authentic Movement workshops nationally and internationally. Since 2007, I have been studying and practicing Authentic Movement with Linda Hartley and have assisted her in teaching this practice.

You can find more information about my work on my Linked In page

*For bookings & any enquiries you can email me here:
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