



Trainings

Coaching-Weeks

Retreats

Core Practice Summer Intensive

10. - 14. July & 14. - 18. August in Berlin

The CORE PRACTICE Summer Intensive is a series of regenerative, enlivening and focussing practices to integrate into your summer activities, projects, travels and pauses. The sessions are open for all interested participants. They can be deepened in individual and team COACHING sessions and/or the following RETREATS in nature in August and October.

CORE PRACTICE

An integrative training developed by The Moving Academy. It is based on traditional and contemporary body-mind practices, breathing techniques and approaches for enhanced presence and focus.

MORNING TRAININGS

10. to 14. July	every morning 8am - 9.30am	Kunstquartier Bethanien / Kreuzberg
14. to 18. August	every morning 8am - 9.30am	StudiO & Outdoors / Prenzlauer Berg

Course fee	normal	students
TrainingCard Week (whole week through)	50 €	40 €
TrainingCard 5 (5 sessions within both weeks)	55 €	44 €
Drop-in single session:	16 €	12 €

Teams an ensembles: please ask for group reduction

Scholarship: in case of economic necessity we offer a stipendia for students, please speak to us.

COACHING WEEKS

Coaching sessions for individuals and teams with the focus on professional and project development, personal mastery, physical and mental training practice.

10. to 14. July & 14. to 18. August with individual appointments at
StudiO Berlin Prenzlauer Berg

Scholarship: in case of economic necessity we can offer one coaching stipendia to a student, please speak to us.

Summer Intensive

Core Practice