



Trainings

Coaching-Weeks

Retreats

Deep Practice Lab Core Practice

Deep Practice Lab Focus & Personal Mastery

29/30 July in Berlin

A two-day practice and project lab in an inspiring environment, to spotlight actual questions and set awareness on personal and professional paths and points.

We practice tools to enhance the capacity for personal mastery and find clarity and focus. Within a co-creative peer-group with rich and diverse backgrounds and experience, we build a frame of support, fun and challenge to exchange insights, open inspiration and gain perspectives as well as concrete impulses on what each wishes to bring forward in the actual state.

The approach integrates

- body-mind practices, transformative practices & focussing-practice
- reflection and feedback-tools & social technologies
- a project lab for prototyping first ideas and further steps

We invite you to share the present and develop future^os:

„Possibility is not a luxury. It is as crucial as bread.“ - J. Butler

Led by

Kristin Guttenberg, The Moving Academy _ transition pedagogue & performing artist; facilitator for reflective practice, interdisciplinary communication & authentic leadership; international university lecturer

Assistance: Veronika Risnovska, UWC Alumna _ studies in performance & society

Practical Infos:

For students, pioneers & learners in the field of arts & culture, humanities, socio-political contexts and beyond. All interested persons on their way into vocational life, choices or transition.

Dates & Schedule

| | | |
|-----------|-------------------|---|
| Fr. 28.7. | 6pm - 9pm | informal come-together |
| Sa. 29.7. | 9.30am - Midnight | inspiring - sensing - focussing - contemplating |
| So. 30.7. | 9.30am - 6pm | creating - prototyping - visualizing |

Location:

Kunstquartier Bethanien, Berlin Kreuzberg & Berlin City

Course Fee:

- 250-180 € gliding scale
- bring a friend or team member: 150 € each
- scholarship: in case of economic necessity, we offer a scholarship, please speak to us
- find a personal scholarship sponsor
(TMA is a non-profit-organization, the sum can be indicated as donation.
Please let your supporter get in touch with us.)

Inscription & further information:

please send a short info about your background and motivation (5-10 sentences) to: info@themovingacademy.com. You will receive our answer asap.

Limited places_ we kindly ask to inscribe as soon as possible