

“Love yourself first and everything falls into place. You really have to love yourself to get anything done in this world”

- Lucille Ball

Self - Care

Open Floor and Peace in Innsbruck

www.peaceinmovement.com



"REACH OUT TO THOSE YOU FEAR
TOUCH THE HEART OF COMPLEXITY
IMAGINE BEYOND WHAT IS SEEN
RISK VULNERABILITY ONE STEP AT A TIME"

John Paul Lederach wrote these words as a mantra for building peace within and around: a call to embrace the courageous, vulnerable and creative art of being human. What if we are all peace workers in our own lives? What if we are all called to take care of ourselves by reaching out to our own fears, touching our own heart of complexity, imagining our own new horizons and risking our own vulnerability one step at a time? In these Open Floor classes we explore the strengths, potentials and possibilities we all carry to be peace workers in our own lives.

Open Floor is conscious dance and movement practice where we explore and practice our own resources by diving into the wise landscape of our bodies to practice new movements and creative ways to nourish and enliven our bodies, hearts, minds and souls.

www.openfloor.org

WHERE: Yoga Loft
Sebastian-Kneipp-Weg 17, Innsbruck
WHEN: Saturdays 19.30-21.30
PRICE: 18 €
Whole series (7 times): 105 €

DATES SPRING 2019:

Feb: 16th

Mar: 2nd, 16th, 30th

Apr: 13th

May: 11th, 18th

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