



presents

THE I AND THE SELF A DYNAMIC CONSTELLATION WORKSHOP

with
APOLLONIA HOLZER
Holistic Movement Specialist from Austria

Do you have trouble feeling 'happy?'
Do you feel 'stuck' in a situation?
Do you have physical or emotional concerns?
Or want to explore your own 'I' and deeper 'Self'?

Dynamic Constellation Work is a facilitated process that can reveal hidden dynamics and bring resolution to internal issues within any relational system – personal, professional or organizational. Apollonia will use movement to guide participants to explore the 'I' as an individual in the world and the 'Self' as the spiritual connection to everything.

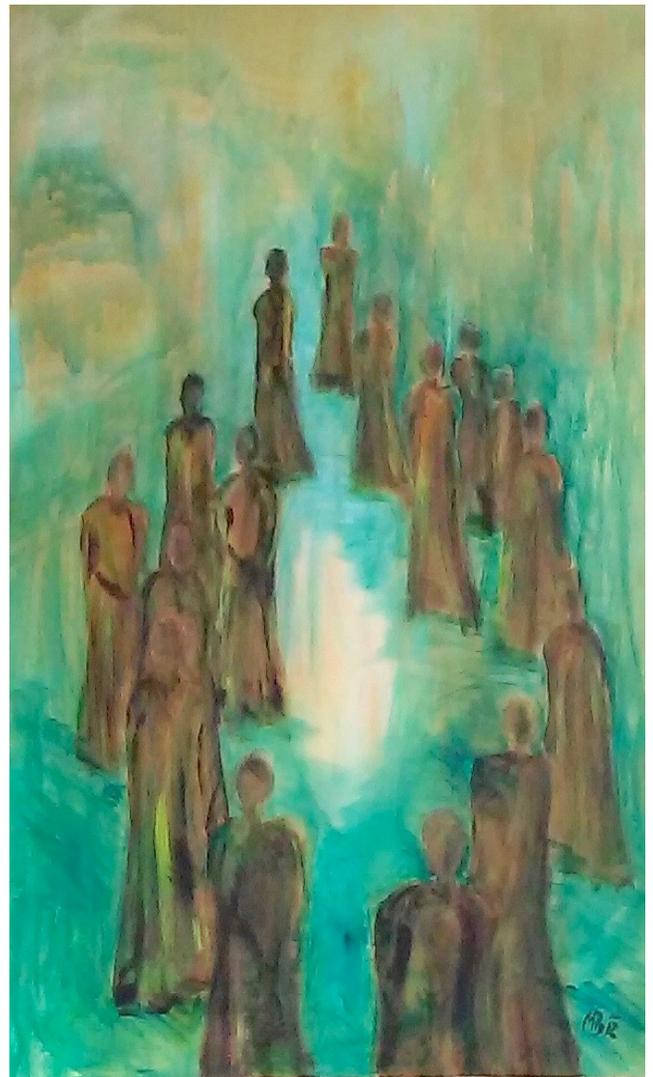
Dynamic Constellation Work can help you:

- find a different perspective to deal with a situation
- explore reasons for health concerns, injuries or imbalances in the body and mind
- uncover hidden patterns, loyalties, and other conscious or unconscious issues in your personal or professional life
- discover relationships and emotions that may be holding you back from well-being

What will you experience in Dynamic Constellation Work?

In Dynamic Constellation Work, a participant chooses others to represent him/herself, or certain family members, emotions, work or health issues, and places those people in space, forming a "constellation". This creates an energy field in which all involved begin to receive information about the position or issue they are representing. Participants are then guided through a process involving appreciation, detachment, and rituals, which allows the constellation – or relationship of things to one another – to be restructured into a balanced system where love, flowing consciously and unimpeded, heals.

Apollonia Holzer is an educator, certified social worker, dancer, and choreographer with decades of experience as a Pilates and Gyrotonic instructor and a Shiatsu and Craniosacral practitioner. She specializes in related bodywork techniques that create space for the body to heal itself.



Painting: Monika Binder/Austria

SUN FEB 28 | 3 PM - 6 PM
\$35 PRE-REGISTRATION · FEB 20 | \$40 AFTER
CASH OR CHECK AT THE DOOR

MOVING VISIONS DANCE
19 MURRAY STREET, 3rd FLOOR
NEW YORK, NY 10007

To register contact Apollonia Holzer at:
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Presented as part of Omega Dance Company's
Movin' with the Spirit workshop series

For more info, visit:
www.omegadancecompany.org/workshops

