

*“The human body is not an instrument to be used,
but a realm of one’s being to be experienced,
explored, enriched and thereby educated”*

— Thomas Hanna



Move into Wellbeing®

EMBODYING EMOTIONAL INTELLIGENCE

AN OPEN FLOOR THERAPY-IN-MOTION
ONGOING GROUP WITH INGRID ROSE NAGL

Move into Wellbeing

EMBODYING EMOTIONAL INTELLIGENCE



A THERAPY-IN-MOTION CLOSED GROUP SERIES WITH INGRID ROSE NAGL – 2020

Essentially we are constantly in motion and in connection. Our vitality thrives when we relate more consciously. As a humanity we are challenged to maintain this vitality as our daily lives increasingly involve a disconnection from ourselves, our environment, and each other.

Move into Wellbeing is a series of therapeutic movement explorations which focuses on deepening our understanding of how emotions are expressed through the body.

When we are encouraged to move with self-awareness our vocabulary of embodied emotions grows and we become more resourceful. This increasing fluidity of creative expression can be fun and playful, enabling us to make better choices in our relationships with Self and Other. The freedom we discover moving together translates into our daily life.

Participants must commit to at least one series of four.

Investment: \$55 if paid per session. \$210 for 4 sessions,
\$415 for 8 sessions, \$605 for all 12 sessions.

Group Size: Minimum of 8, Maximum of 18.

Location: Auckland NZ. Venue TBA after registration.

Registrations: ingrid.nagl67@gmail.com or (+64) 021 180 1697

4 Differentiations (March/April)

Exploring how to differentiate between sensation and story, past and present, intention and impact, you and me.
Thursdays 6:30-9:30pm: March 12, 26. April 9, 23.

Building Resiliency (June/July)

Focusing on Self-Regulation, Mutual-Regulation, the Window of Presence and Being Seen (creativity).
Saturdays 2-5pm: June 6, 20. July 4, 18.

Multiplicity of Selves (October/September)

Exploring our multiple self-states and who we essentially are beyond these identifications.
Thursdays 6:30-9:30pm: September 3, 17. October 15, 29.

Full Day Retreat for all participants (November)

Time for Integration & Celebration. Saturday 21 November.



About Ingrid Rose Nagl

Ingrid Rose is an Open Floor Teacher, Therapy-in-Motion Practitioner and Psychotherapist. She is inspired by the power of movement as medicine. Her passion is to hold a creative space for individuals and groups, that embraces uniqueness, promotes integration and offers a sense belonging.



MOVE INTO
WELLBEING

LEARN MORE AT: WWW.MOVEINTOWELLBEING.CO.NZ