



DEVELOPMENTAL MOVEMENT FOR EMBODIED RESILIENCE

Sat. November 17, 2018

\$145 +hst | (519) 767-1041 | arriveyoga.ca

Where: Arrive Yoga & Mindfulness Centre
105 Wyndham St N

When: 9:30am – 3:30pm
(with one hour for lunch)

arrive
YOGA
& mindfulness centre

kristin
honey

Yoga

Join Diane Bruni and Jane Clapp for a foundational understanding of developmental movement patterns, the impact that traumatic stress has on our autonomic nervous system, and the ability to enhance stress and trauma recovery through revisiting movement, including those we performed before we had language.

Jane and Diane bring an innovative combination of somatic emotional resourcing and movement exploration, including Diane's innovative Body Loops as a tool to create more containment, sensory feedback and embodied resilience.

Suitable for all levels of experience including those who have experienced trauma and have done substantial personal psychotherapeutic work, movement lovers and teachers wishing to deepen their understanding of the impact stress has on our bodies and movement patterns.



JANE CLAPP believes we have the power to free ourselves from the shackles that limit our joy and fulfillment and that the body is one of the most powerful alchemic tools for shaping the mind. As a movement and holistic health practitioner for two decades, her approach is to combine holistic personal training with tension and trauma healing to help her clients gain strength, mobility and energy.



DIANE BRUNI has been practicing and teaching yoga for 30 years and training teachers for nearly two decades. Diane was the first Ashtanga yoga teacher in Canada, co-founded the Downward Dog Yoga Centre, owned 80 Gladstone Movement Centre and hosted an internationally aired

television series called Breathing Space Yoga. Her current passion revolves around building sustainable and diverse movement practices that flow away from traditional asana towards functional, somatic and therapeutic science based modalities.

*** This workshop is not intended as therapeutic treatment and in no way replaces psychotherapy, counseling or medical care for mental health conditions or trauma recovery. If you are living with a mental health condition or in any state of intense emotional distress as a result of trauma, we strongly suggest discussing this workshop with your mental health care provider or psychotherapist prior to registering.*