

POISE

A movement retreat with dancer-psychologist Tossie van Tonder



POISE is a five-week movement retreat with Tossie van Tonder aka 'Nobonke' from the 12th of May – 9th June 2019. EARLY BIRD DISCOUNTS AND SCHOLARSHIPS AVAILABLE NOW!

Sessions happen every Sunday from 4pm – 7pm at the Theatre Arts Admin Collective in Wesley Road, Observatory, Cape Town.

The retreat focuses on the embodied integration of fundamental aspects of our being in order to promote overall mental, emotional, spiritual, physical, interpersonal and social health.

What to expect:

POISE consists of five 3hr movement sessions guided by a different theme each week:

- 1) Primal
- 2) Sacred
- 3) Subtle
- 4) Humane
- 5) Integral

Each workshop draws on our inherent embodied knowledge: the experiences of our own moving body. Through this lens, various movement vocabularies will be offered by Tossie, guiding you to expand your listening, your creativity and your moving being.

POISE promises to nurture layers of sensing and perception in yourself and those who will witness you. It aims to cultivate unique personal experiences of dignity, self-respect, self-worth and composure. We move toward being in awe of our vastness.

Philosophy of POISE:

Our movement contains our immediate consciousness. We get to know ourselves by understanding our body movement. In the opposite direction, we can also effect change in ourselves by consciously changing the manner in which we move. POISE is thus a sanctuary to explore our inherent bodily rhythms, restoring a movement vocabulary that is integral to our sense of ourselves in the world. POISE retreat serves the body, mind, soul and spirit at the time and place in which we live.

“Poised systems need no massive mover to move massively.” Stuart Kauffman

DETAILS:

Date and time: Sunday 4-7pm on the 12th, 19th 26th May & 2nd and 9th June 2019

Place: Theatre Arts Admin Collective (Methodist Church Hall, corner of Wesley and Milton Road, Observatory)

Full fee: R1500

Early bird fee: R1250 before 15 April 2019

Scholarships: Three available, Negotiated

Registration essential: email nobonke@mweb.co.za

ABOUT TOSSIE VAN TONDER:

Tossie van Tonder aka Nobonke is a dancer-psychologist, writer, mentor and specialist in the field of dynamic transformation.

Website: <http://www.theimageofyourperfection.co.za/>

CONTACT/ MORE INFORMATION:

Email Tossie at: nobonke@mweb.co.za or visit her website at <http://www.theimageofyourperfection.co.za/>

