

# the dancing hearts



11.02.2024  
Salzburg

Have you noticed how challenging it is to maintain a **loving connection** with a partner, friend, or family member without sacrificing your freedom?

On February 11th, you are welcome to join us on an **experiential journey** to explore ourselves and our way of connecting through body movement, dancing and stillness

Marco & Diego

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Our gathering aims to foster wholeness, self-recognition, and the emergence of coherence between **body and mind**. Central to our exploration are relationships, the reflections of how we relate to others mirror our relationship with ourselves.

The foundation of our approach rests on four fundamental values and principles that serve as the basis for communication among equals



## Clarity of Will

Each of us is guided by our fundamental will. Gaining clarity over our desires empowers us to take responsibility for our decisions.

## Recognition and Respect

We appreciate when our will is acknowledged and respected. Navigating the dance of life involves negotiating the boundaries that arise when encountering the opposing will of others.

## Listening and Connection

Achieving connection involves a perpetual negotiation of boundaries. The key lies in attentive listening to oneself, others, and the environment. Information, the most precious commodity of consciousness, thrives on sensitive listening.

## Co-creation

By joining forces, we open the door to opportunities for co-creation. This harmonious amplification of each other involves two secret ingredients: invitation and consent.



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The first part of the workshop will be facilitated by Marco, who will help you explore the **principles and values** described above through practice and experience.

Diego will facilitate the next part introducing **movements of the impersonal**, A profound practice based on a meditative state of consciousness, of presence, of unity. A practice that brings us closer to the nature of reality, to our own nature, in order to imbue our daily lives with this subtle movement, opening contact with our own time, our own rhythm, which is also the **rhythm of existence**

Join us to experience the joy of realizing your **freedom** and the possibility of navigating boundaries with others with grace and liberation.



Marco

My diverse life journey includes studies in philosophy and osteopathy from a French-German college. After six years practicing osteopathy in Switzerland, I expanded my expertise with trauma therapy through Somatic Experiencing.

Passionate about **holistic well-being**, I've delved into meditation, nonviolent communication, and sports like swimming and Taekwondo. Currently, my focus is on dance, authentic movement, and breathwork.

Excited to share my passion: integrating nonviolent communication values into our **bodies through dance**. This transformative practice aims to foster healing within our relationships!



Diego

A decade devoted to studying the nature of the **human**, exploring the convergence of the transcendent and the tangible through various approaches, including the academic and pure experiential perspectives. My curiosity propels me to delve into subtle realms using practices like contemplation, silence, emptiness, and movement.

The objective is to reinstate the harmonious natural order within humans, unlocking their **full potential**.

I find fulfillment in creating spaces infused with creative dynamics, fostering authentic and **healing connections**.

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You don't need any previous experience in any area,  
just openness and energy to co-create a beautiful experience  
together

when?

11 of february 2024  
from 15:00 to 19:00

where?

das yoga haus (Salzburg)

contribution?

90 eur.

contact?

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