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Carlos Salum, President

THE BODY-MIND WORKSHOP by Prof. Enrique Pisani

This is a unique opportunity to expand your behavioral responses under pressure, reduce anxiety and increase your emotional intelligence.

Prof. Enrique Pisani has coached First League volleyball teams in Argentina, Italy and Belgium, as well as the Belgian National Team. He is a Certified Laban/Bartenieff Movement Analyst – Integrated Movement Studies Institute Intensive Program IMS– University of Utah (USA) – Janice Meaden, Peggy Hackney, Pamela Schick, Ed Groff.

He has trained in Body-Mind-Centering (Institute for Somatic Movement Studies ISMS – Amsterdam – Netherlands - Jacques van Eijden) and Feldenkrais (Integrative Somatic Movement– Kientalerhof – Switzerland – Josef Della Grotte).

His workshop will focus on the following areas:

- **Preparing your body to operate in your Ideal Performance State**
- **Empowerment through effective use of your personal space**
- **Self-affirmation through the understanding of the body-mind relationship**
- **Gaining influence through your posture, your voice and your focus**
- **Shaping your body to achieve personal fitness goals**

Location: Europe

Available Dates: Please inquire

Workshop Fee: Individual Course: Euro 300.00 – Group of Six: Euro 150.00 per person (Euro 900.00)

Additional Expenses: Airfare, Hotel, Meals and Ground Transportation

Tentative Workshop Duration: 6 hours plus Breaks (flexible)

Tentative Workshop Schedule:

09:00 To 11:00: Class (2 hours)

11:00 To 11:30: Break

11:30 To 13:00: Class (1.5 hours)

13:00 To 14:00: Lunch Break:

14:00 To 15:30: Class (1.5 hours)

15:45 To 16:15: Break

16:15 To 17:00: Analysis and Debriefing (0.45 hour)

Workshop Approach and Points of Reference:

- Yield & Push – Reach & Pull (The first two patterns establish connections with oneself. The second two with others)
- Personal signature in terms of Exploring, Planning and Doing (We explore the 3 planes in which the body moves and the client's preference)
- Personal signature in terms of Engagement in the action process. (We explore Free and Bound flow)

Developmental work

- Breath connectivity and its meaning in grounding oneself
- Spinal connectivity and its meaning in connecting to oneself and the others
- Upper / lower connectivity and its importance in Y&P R&P
- Body half connectivity and its importance in decision making
- Cross connectivity and its importance in dealing with several options
- Low, middle and high brain

Class structure

- It's a movement class, so wear comfortable clothes
- Most of the movements begin on the floor
- Taking notes could be useful
- Verbal exchange is one of the main points in terms to clarify what is meaningful to the client

Reasons to join a movement exploration class

- To explore the body without emotional context
- To create a safe place to explore
- To explore the patterns Yield & Push – Reach & Pull and the relationship with yourself and the others

Relationship with oneself

- Exploring bodily the patterns Yield & Push
- Yield for getting grounded
- Push to clarify attention
- Personal space or Kinesphere
- Spinal connection and being present in the world
- Be present with ease using the soft spine

Relationship with the outer world and others

- Exploring bodily the patterns Reach and Pull
- Reach to clarify intention and commitment
- Pull to clarify action
- Not to lose your "self" when connecting with others
- What to do when lightness, flexibility, free flow and support are missing

Action profile and team building

- The use of planes in space
- Exploring generally and specifically
- Planning
- Acting
- Flow

For more information, contact Carlos Salum

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