

MINI ARTICLE

What are movement-based Arts applied to personal development?

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“Every experience I’ve had in my life is a resource in my body.” – Anna Halprin

They are...

A tool using movement as the main form of expression through which we can access to ourselves physically, emotionally and mentally.

Why body and movement?

Our body holds a lot of information about our life story and the impressions we store in it. Using the body awareness we connect with ourselves through a direct door for self-discovery and transformation.

Through movement, we can listen and, at the same time, "talk" to ourselves. **The aim is to connect these levels -body, mind and emotion- among them to improve our balance and be more centered in our daily lives.**

How?

Movement is used intertwined with other art forms, like drawing or writing, to widen our expression channels and foster a deeper knowledge of our body-mind-emotion states.