



# MOVEMENT MEDITATION AND IMPROVISATION

WITH JANET WARE KAYLO

## A MONTHLY SPECIAL EVENT

4th Sundays 1:00PM - 3:00PM August thru October 2014

**Movement Meditation and Improvisation** is a journey of discovery through the experience of embodiment as conscious awareness in movement and creative expression.

Built on a progression from the unseen vitality of inner landscapes to the movement of shared spaces, this **2-hour Special Event** offers opportunity for individual, creative movement inquiry and shared collective fun.

Through these explorations we become aware of our **movement life as physical, emotional, and intellectual expression**. Improvisation in the art of movement, grounds us in the union of body and psyche, enriching our sense of aliveness and participation in the world.

*Janet Ware Kaylo comes from an extensive background as a professional dancer, choreographer, international program Director, workshop leader and master teacher. She holds professional qualifications as a Certified Movement Analyst, Somatic Movement Therapist, Movement Pattern Analyst, and Dance Movement Psychotherapist. She directs international certification programs in Movement Analysis and Somatic Practice (see [www.labaninternational.org](http://www.labaninternational.org)), and holds an MA in Jungian and Post Jungian Studies. Publications include peer-reviewed journal*



*articles on Movement and Imagination, The Body and Analytical Psychology, Movement and Gender, and Phenomenology and Movement Observation.*

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ANAHATA  
HEALING ARTS

2424 DRAYTON ST

All movement and dance abilities are WELCOME. Please pre-register at [info@labaninternational.org](mailto:info@labaninternational.org) or call 912-358-6871.

We work in dance or loose-fitted movement clothing and bare feet.

Please no perfume, oils, or dangling jewelry.

Fee: \$20

[www.labaninternational.org](http://www.labaninternational.org)

