



# MOVEMENT MEDITATION AND IMPROVISATION

WITH JANET WARE KAYLO

THURSDAYS 6:00PM - 7:30PM (Beginning November 2014)

**Movement Meditation and Improvisation** is designed to support exploration of our sensory perceptions through visualization and movement exploration, bringing us a feeling of confidence and greater human potential through the creative awakening to our own embodiment.

Improvisational Movement allows us to process multi-layers of our experiences. We become more aware of our uniquely personal movement life as emotional and intellectual expression – alone and with others – which creates a deeper union of the body and psyche. With regular attendance, your wellbeing and personal authenticity will be enriched as you bring greater embodied presence into your relationships and the world.

Janet Ware Kaylo comes from an extensive background as a professional dancer, director, and international workshop leader and teacher. She holds professional qualifications as a Certified Movement Analyst, Somatic Movement Therapist, Dance Movement Psychotherapist, and Movement Pattern Analyst. She directs international certification programs in *Movement Analysis and Somatic Practice* and holds an MA in Jungian and Post Jungian Studies from the University of Essex, UK.



Living and working abroad since 1995, Janet has recently made her permanent home in Savannah, returning to generations of family roots in the area.

MOVEMENT  
MEDITATION AND  
IMPROVISATION

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.

\$15 per class drop-in rate, or \$120 for a ten-class card.

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

