



/ENGLISH VERSION BELOW/

Buđenje elemenata:: radionica Medicine Kretanja, 14. – 16. 8. 2020.

Zemlja :: Vatra :: Voda :: Zrak

Elementi su svuda oko nas, okružuju nas i prožimaju, oni su temeljne energije stvaranja, oni su utkani u naša tijela i bića. Mi ih najčešće osjećamo kao različita energetska i emotivna stanja i kao različite tjelesne senzacije.

Probuditi Elemente u sebi znači doći u svoje tijelo i sadašnji trenutak i osjećati život u sebi kako kola. Na radionici ćemo istražiti svaki od Elemenata, kako ih možemo utjeloviti kroz naš pokret i ples i koje učenje nam svaki od njih donosi.

Na kraju radionice ćemo imati plesni ritual sa sva četiri Elementa kako bi osnažili svoju namjeru za cijeli festival.

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Marin Kovačević Hora:: akreditirani učitelj Medicine Kretanja

Ja sam psihoterapeut, shiatsu učitelj i praktičar, suprug i otac, učiteljski trening iz Medicine Kretanja sam završio 2014.g i od tada samostalno i sa svojom suprugom podučavam svjesni ekstatični ples. Smatram da je moj poziv raditi s ljudima i u tome nalazim zadovoljstvo i ispunjenje. U svom radu često koristim lakoću i humor i volim plesačima dati dovoljno prostora da mogu istraživati svoj ples i imati unutrašnja iskustva koja su u plesu toliko bitna.

Ako bi morao izdvojiti jednu stvar koja me pokreće to bi bila istina, istina života, istina nas samih. Smatram da je jedan od najbržih načina da dođemo do te istine upravo ples. Naše tijelo je uvijek u trenutku, uvijek sad i ovdje, ono nikad ne laže.

Kada nisam na radionicama ili psihoterapijskim seansama vrijeme provodim slažući Lego kockice sa svojim sinom, bubnjajući u skrovitim dijelovima šuma i proučavajući drevne duhovnosti i naravno - plešući!

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Medicina Kretanja:: praksa svjesnog plesa

Medicina Kretanja je praksa svjesnog plesa namijenjena svima onima koji se žele povezati sa samima sobom i svojim tijelom i steći više slobode, vitalnosti i integriteta u svom životu. Nastala je kao plod dugogodišnjeg rada i iskustva Ya'acov-a i Susannah-e Darling Khan na temelju modernih praksi svjesnog plesa, drevnih učenja šamanskih kultura i suvremenih spoznaja iz područja neuroznanosti. Riječ Medicina prema učenju Sjevernoameričkih Indijanaca predstavlja sve ono što nas vraća u sklad i ravnotežu sa nama samima i sa svijetom koji nas okružuje. Medicina je u svemu, u svakom čovjeku, biljci i kamenu. U Medicini Kretanja otkrivamo kako pronaći tu Medicinu u našem pokretu i plesu i dopustiti da nas vodi ka našoj cjelovitosti.

Medicina Kretanja se prakticira u više od 30 zemalja diljem svijeta.

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Radionica je dio Glavnog programa PA'LI Passion of Life festivala, u svom prvom izdanju:

<https://www.facebook.com/events/253464719314270/>

Biti će vođena na engleskom jeziku, s prijevodom na hrvatski (ili obrnuto).

#### LOKACIJA

Privatni kamp pokraj Poreča, OTVORENI PODIJ!

#### RASPORED

Petak 14. 8., 19:00 – 22:30

Subota 15. 8., 10:00 – 13:30 i 19:00 – 23:00

Nedjelja 16. 8., 10:00 – 14:00

#### CIJENE

Redovna: 940 kn

Rane prijave do 31. 7.: 750 kn

Prijatelji festivala: 560 kn

Radni tim: 375 kn

OTVORENI SATI petkom navečer: 150 kn za rane prijave

Prijavnica za RADIONICE Glavnog programa:

<https://forms.gle/cPQuRKz9aFZ9FitQ7>

Prijavnica za OTVORENE SATE Glavnog programa:

<https://forms.gle/WEpmG392z2vY7eYJA>

#### SMJEŠTAJ

Moguće je povoljno boraviti u kampu ili obližnjim apartmanima u Antoncima.

Cijene u kampu: 85-115 kn/dan, uz prijavu na radionicu i prethodnu rezervaciju.

ORGANIZATOR  
Udruga Ars.Polis  
Anke Butorac 9  
52440 Poreč

Kontakti

E-pošta: [jana@ars.polis.hr](mailto:jana@ars.polis.hr)

Tel: +385 91 1860 514

FB: <https://www.facebook.com/alias.Sora.Neva>

PA'LI Passion of Life

<https://www.facebook.com/PALIPassionOfLife>

Tancarina - Istarska plesna mreža

<https://www.facebook.com/groups/tancarina.istarska.plesna.mreza>



## ENGLISH VERSION

Awakening the Elements :: Movement Medicine workshop 14. – 16. 8. 2020

Earth :: Fire :: Water :: Air

The Elements are all around us, they are the basic energies of creation that permeate all things, including us, our bodies, hearts and minds. We usually experience them as different energetic and emotional states and through our body sensations.

As we awaken the Elements inside us, we become more conscious of our bodies and the present moment which leads to an increased sense of vitality and aliveness.

During the workshop we will explore each of the Elements finding ways to embody them through movement and dance and open ourselves to the wisdom that they bring.

At the end of the workshop, we will have a dance ritual with all four Elements to strengthen our intentions for the festival.

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Marin Kovačević Hora :: Movement Medicine accredited teacher

I am a psychotherapist, shiatsu teacher and practitioner, husband and a father, in 2014 I completed the Movement Medicine Teacher Training and since then have been teaching conscious ecstatic dance either alone or in company with my wife. I consider working with people to be my true calling and find both pleasure and fulfillment in it. I teach with a lot of lightness and humor and I like to give the dancers ample space to explore their own dance and have those meaningful inner experiences that make dancing so worthwhile.

If I had to name one thing that moves me, it would be finding the truth, the truth of ourselves, who we are and the truth of life. One of the fastest ways to find that truth for me is through dance, because our bodies are always present, always here and now, they never lie.

When I am not on a workshop or in a therapy session, I enjoy spending time building Lego with my son, drumming in remote forest areas and exploring ancient spirituality and of course - dancing!

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Movement Medicine :: conscious dance practice

Movement Medicine is a conscious dance practice intended for anybody who desires to connect more deeply with themselves and their bodies and to discover more freedom, vitality and integrity in their life. It was developed as a culmination of lifetime of work of Ya'acov and Susannah Darling Khan from their rich experience in modern conscious dance practices, ancient shamanic cultures and cognitive neuroscience. The word Medicine comes from the teachings of Northamerican Indians and means all that brings us into balance with ourselves and the world around us. The Medicine is in everything, in every tree, in every rock and in every human being. In Movement Medicine we learn how to find that Medicine in our dance and allow it to guide us to our wholeness.

Movement Medicine is practiced in more than 30 countries worldwide.

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The workshop is part of the Main Program of PA'LI Passion of Life festival, in its first edition:

<https://www.facebook.com/events/253464719314270/>

It will be led in English, with translation to Croatian (or vice versa).

#### LOCATION

Private camp near Poreč, OUTDOOR FLOOR!

#### SCHEDULE

Friday 14. 8., 19:00 – 22:30

Saturday 15. 8., 10:00 – 13:30 i 19:00 – 23:00

Sunday 16. 8., 10:00 – 14:00

#### PRICES

Regular: 125 euro

Early bird before 31. 7.: 100 euro

Friends of festival: 75 euro

Working team: 50 euro

OPEN CLASS on Friday evening: 20 euro for early birds

Main Program WORKSHOPS application form:

<https://forms.gle/urJNqx3tvebEK6di8>

Main Program OPEN CLASSES application form:

<https://forms.gle/su7GpxiwkB7gkY2d9>

#### ACCOMMODATION

It is possible to stay in the camp or nearby apartments in Antonci, for affordable prices.

Camp stay: 11-15 euro/day, with workshop application and previous reservation.

ORGANIZER

Udruga Ars.Polis  
Anke Butorac 9  
52440 Poreč  
Croatia

Contacts

E-mail: [jana@ars.polis.hr](mailto:jana@ars.polis.hr)

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