10 weekends 2013:

25.-27.1.2013 | 15.-17.2.2013 | 1.-3.3.2013 | 19.-21.4.2013 |

17.-19.5.2013 | 11.-13.10.2013 |

8.-10.11.2013 | 20.-22.12.2013

In June and September the training will take place in nature as well as in a studio near to Vienna, location and dates will be announced.

A weekend consists of:

Friday 6:30 p.m. - 9:30 p.m.

Saturday 10:00 a.m. - 10:00 p.m.

Sunday 10:00 a.m. - 5:00 p.m.

Costs: Euro 2000,-

Location: PRANA Yogastudio

1070 Wien, Mariahilferstraße 82 and

PERFORM

1060 Wien, Mariahilferstraße 51

Information and registration:

Sabine Sonnenschein

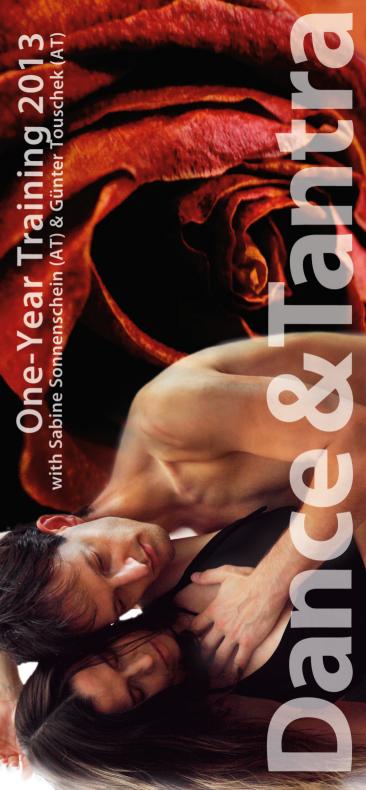
T.: 0043-650-3197237

samavesa@gmail.com

http://www.tantrischekoerperarbeit.at/2013e.htm







In the one-year training 2013 we
(Sabine Sonnenschein and Günter Touschek)
combine tantra und contact improvisation.
The training is a tantric practice in the group.
It consists of meditation, dance, touch,
moving in soundspaces and interacting

with sounds.

We offer tantric meditation, breath- and voice-exercises, technique of contact improvisation, tools for dance improvisation and basics of tantric bodywork; sounds become a key to your inner source of strength.

This training is integral. It consists of a physical, psychic, mental as well as spiritual module.

It implicates further development of your personality.

We offer practices facilitating and supporting delight of being, presence, clearity, authenticity, encountering as well as acting appropriately to the situation and listening in touching.

The aim is to discover your will, your authentic expression, your strength of love and personal vitality.

Additionally, you will increase your capacity for love by recognizing your higher self that goes beyond the limitations of your ego.

A further goal is inner freedom that results from not becoming attached to the moment and realizing the arbitrariness of your belief system.

We offer a postgraduate training, designed especially for people working in the field of education, therapy, art or other creative professions (mainly in the areas of dance, movement training, bodywork and music).

10 weekends / 10 topics:

- 1. Inwardness, self
- 2. The body is your divine temple
- 3. How to deal with aggression
- 4. Energies of the heart
- 5. Womb / abdomen, sexual strength
- 6. Space & sound
- 7. The other
- 8. Love
- 9. Oneness
- 10. Inner freedom



Sabine Sonnenschein (*1970, AT)

has been choreographer and performer since 1992 and has had a tantric approach to life since 2004. She lives and teaches a fusion of tantric perspective on the world and dance as a practice of life. She studied contemporary dance, theatre science, philosophy and history of art. Her performances have been shown in Europe and NYC. She has been involved with sensitizing the body since

1990, and Contact Improvisation since 1991.
She has training in tantric full body massage
(AnandaWave/Cologne) and also lomi lomi nui.
She was introduced to yin yang massage by Andro, has studied pelvic massage by K. Ruby; she has been introduced to Kashmir tantrism and Kashmir yoga of touch by Daniel Odier.
She studied "Vijnana Bhairava Tantra" with Dr. Bettina Bäumer.

In Vienna she has practiced tantric body work since 2006, primarily individual work.

She gives workshops focusing on the fusion of Tantra and Contact Improvisation. Teacher at ImpulsTanz Vienna and at Schwelle 7 in Berlin.

Sabine Sonnenschein has been working with Günter Touschek since 2010. They organize Night of Dance & Tantra in Vienna.

www.tantrischekoerperarbeit.at



is father of two sons, musician, singer in different genres, dancer, impro theatre actor, photographer, ComMusication trainer, LinzErschweben guide.

Assitant teacher at workshops focusing on contact improvisation and tantra in Austria, Czech Republic and Spain; in cooperation with Zita Pavlištová, Ulrike Prochazka and Sabine Sonnenschein. He arranges evenings of mantra chanting. For many years he has been dancing contact improvisation (CI) and making music for CI iams.

He creates sound spaces by receiving and supporting what wants to be expressed.
His instruments are for example guitars, ukulele, monochord, zither, shruti box.

He refines the instruments with electronic like loop, delay and reverb, in a way that the natural sound of the instrument doesn't get lost.

More: www.klangmenschen.at

