

In the one-year training 2013 we
(Sabine Sonnenschein and Günter Tuschek)
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 improvi-
sation 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, clarity, 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 Tuschek since 2010. They organize Night of
Dance & Tantra in Vienna.

www.tantrischekoerperarbeit.at



*Günter Tuschek (*1962, 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 Pavlišťová,
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 jams.

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