



WORKSHOPS

THERAPY MOVEMENT

FLOW - FLUXO

FEELVIANA

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THERAPY MOVEMENT

A series of workshops organised on Saturdays by DMT Rute Esteves at the invitation of Hotel FeelViana for the general public.

Dates:

- 25th May - Flow of Emotions
- 20th July - Imagination Flow
- 28th September - Flow of Repair

Life is made up of movement, cycles and changes, a continuous flow of variations in movement. Being aware of our flow and the possible variations helps us to identify who we are. When we allow ourselves to explore the body in movement, we open up new possibilities of flow for life.

Emotion Flow: The flow of movement is the most direct means to express, release, and manage our emotions. By expanding resources of movement qualities, we are expanding resources for managing emotions.

Imagination Flow: By exploring the flow of movement, we also explore the imagination flow. When an image gains strength, the flow follows its impulse, and a story develops through the expression of the body and its movement, making "visible the dimension of the invisible being," as Karin Fleischer says.

Repair Flow: The repair flow is directly linked to individual needs. When we identify our needs, we can explore the necessary flow of movement to harmonise the body. From an integrated body and with respect to its own needs, the flow of repair becomes possible.

Prices:

- One workshop: 40€
- Pack of two workshops: 75€
- Pack of three workshops: 105€

Registration up to 24 hours before each workshop.

Access to the Spa circuit (heated indoor pool with jets - cap required - sauna and Turkish bath) on the day of each workshop;

10% discount on Spa treatments;



RUTE ESTEVES

She trained as a professional dancer and movement researcher and is a certified therapist from the Autonomous University of Barcelona. **She offers a differentiated therapeutic approach combined with psychotherapy that includes the body, movement and emotional flow.**

She currently offers individual and group sessions in Porto and Viana do Castelo and is a guest trainer on the course **'Fundamentals of Dance and Movement Psychotherapy'** at the Faculty of Psychology and Educational Sciences in Coimbra.

