

OPEN FLOOR EMBODIED MOVEMENT and TRANSFORMATIONAL BREATH®  
with Griet Verstraete and Alev Gürzumar

# BREATHE *into* Movement

GENEVA - Switzerland  
18 -19 January 2020



## Open Floor Embodied Movement

synthesizes the universal wisdom that underlies all movement practices. Some keywords: breath, freedom, awareness, connection to self, to others, to spirit, self-expression, creativity, emotional fluidity, mindfulness, community, meditation – these and more can be found on the Open Floor.

## Transformational Breath®

is a technique that utilizes a conscious, connected and open breathing pattern at its core. It allows people to (re) connect with their own power and potential for a better physical, emotional and mental well-being. It increases physical vitality, resolves stress and trauma, brings balance, inner peace and joy.

**Time:** Saturday 18/1 - Sunday 19/1  
from 9:30 to 17:30

### Location:

QUALIA SPACE  
Rue de Zürich 34  
1201 Geneva

**Price:** 350CHF

### Registration:

Send an email to  
***alev@breathandlight.com*** or  
***griet.verstraete@gmail.com***

The workshop will be in English with possible translation into French or German.



### Griet Verstraete,

Certified Transformational Breath® Trainer. Open Floor Embodied Movement teacher and Therapy-in-Motion facilitator. She offers workshops and individual sessions, combining the power of breath and movement. Co-founder of the "Wheel of life" selfdevelopment training. Dance Movement Therapy at AgapeBelgium: Authentic Movement, Laban, bio-energetica, Somatic experience. Trauma-healing fundamentals at OpenMind (BE).  
[www.soulinmotion.be](http://www.soulinmotion.be)



### Alev Gürzumar,

Certified Transformational Breath® Trainer, Transformational Breath® Foundation's National Leader for Switzerland. Alev gives private and group sessions and regularly leads training and workshops. Her mission is to inspire and empower others on their journey of self-realisation, with the guidance and wisdom of their own breath. She is also a Reiki Master Teacher and Shamanic Practitioner.  
[www.breathandlight.com](http://www.breathandlight.com)