



Indra Majore-Dusele, Riga Stradins University, Latvia

***Mindful movement for professional development and self care:***

Intensive weekend, 25th-26th March, 2017, 11:00-17:00, Dance Studio, Performing Arts, Edge Hill University.

Download the flyer: [Mindful Movement](#)

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This intensive workshop will enable participants to explore mindfulness principles through movement. It will focus on the development of two types of attention: a. concentration and b. open awareness (zoom in and zoom out). It will also offer opportunities for participants to connect with the present moment through breath, movement and body and to cultivate the attitude of kindness, acceptance and openness toward the intimate processes in ourselves. There will be possibility to explore the mindful way of approaching personal challenges, and also to experience the pleasure of being fully present and connected in body and mind. We will use sitting and walking meditation, contact improvisation and body work to release our stresses, bring ourselves to deeper balance and calm and experience stillness in the movement and movement in the stillness.

***Indra Majore-Dusele, MA (Psych), MA (Health care), psychologist, psychotherapist, dance movement therapist, supervisor, lecturer in Riga Stradins University, Rehabilitation Faculty, Arts therapies programme. Indra is one of pioneers of dance movement therapy in Latvia, she has been involved in establishing the first MA programme of Arts therapies in Latvia in Riga Stradins University (since 2006) and remains responsible for the dance movement therapy specialization. Indra is also the first president of Latvian Dance Movement Therapy Association (2007 - 2014) and from 2012 - representative of Latvian national dance movement therapy in the European Association of Dance Movement Therapy. She has been guest lecturer at arts therapies study programs in UK and Estonia. As a dance movement therapist Indra has experience working with special needs children, abused children, and adults with obesity and chronic illnesses. Indra is Vipassana meditation practitioner for 18 years and has integrated her knowledge and experience in her work with students and clients. Next to her publications in dance movement therapy,***

*psychotherapy and health psychology, she is has published and presented at conferences on mindfulness practice as tool for the development of professional competence and self-care.*