



WaveWorks

Through Movement Done With Love & Awareness

We Create Balance In Body And Earth

Workshop with Eva Geueke in Santa Fe 8/24 & Albuquerque 8/23;8/25-26
Awareness Through Movement®, * Wave Movements, * Sound

In this workshop you will learn to:

- Restructure your movement and reverse aging
- Organize all your movements from thinking to acting
- Heal and multiply healthy cells
- Express your beauty, grace and creativity
- Create balance inside and outside

*With this practice without static stretching
the spine aligns, the joints open,
the muscles lengthen and strengthen,
the heart opens, the mind calms,
spirit soars.
Life flows*



Many fitness and exercise practices are counterproductive, drying out the joints and fluids in the body and dulling the mind with unaware repetition and effort. In this workshop you will learn a movement practice that pays tribute to your body's genius as well as to your sensuous nature, creating more aliveness and allowing the juices to flow. It is time to connect lovingly to your miraculous biology that is in its essence divine love expressed as form.

As the world and our lives spin increasingly out of balance, now is the time to bring balance to life by balancing ourselves through our bodies in a loving, creative and nurturing way.

Many Indigenous Leaders have said that the only way to return balance to this beautiful Earth Mother is through those women & men, who learn to balance, listen and express their feminine side and allowing this wisdom to lead humankind into harmony.

It is time to be present in our bodies, to walk tall and soft, sensing the strength and pleasure of Mother Earth in our bones.

Just as the Earth is feminine, mother, grandmother, she vibrates love for life. She is the biggest loving body we touch, wildly beautiful, sensual and strong. Together with water and light, she gives life to so many creative forms, and transforms anything dying back into life.

She is fertile movement, so are we.

We her children have the same qualities to create and regenerate.

As we learn to embody ourselves fully, consciously, and lovingly with awareness,

we can birth new cells to heal and rejuvenate our bodies and our surroundings.

Recommended Reading:

Barbara Marciniak - `The Path to Empowerment`

Moshe Feldenkrais - `The Potent Self` or `The Elusive Obvious`

Where/ When:

SANTA FE

Friday August 24, Free Introductory Class: 5:30-6:15 pm;

Workshop: Fr, 8/24, 6:30-9:00 pm \$30

White Cloud Institute, 1221 Luisa Street, off Cordova, (505) 471-9330

ALBUQUERQUE

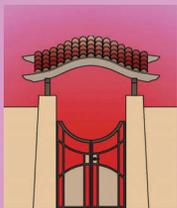
Thurs August 23, Introductory Class: 6:30-8:30 pm \$20

Workshop: Sat, August 25, 11am-6:00 pm;

Sun, August 26, 11am-4:30 pm

Cost before August 10: \$225, after \$260 (includes intro class price)

Healing Gate, Monte Vista Street; LLC 3212 Monte Vista, NE



Eva Geueke is a professional dancer and certified Feldenkrais Practitioner with 20 years experience, exploring and teaching Awareness through Movement and the connection of **BODY, MIND & SPIRIT**.

She is also a Basic Universal Healing Tao Instructor and a Capoeira Instructor- Brazilian martial arts dance. She studied Continuum with Emily Conrad & S. Harper for many years as well as Body-Mind Centering® with Bonnie Bainbridge, Lisa Schmidt and F. Tröscher. She teaches internationally The Feldenkrais Method, Contact Improvisation, Qigong and Wave Works and leads Women's Empowerment Trainings. Eva's basis for teaching is the Feldenkrais Method and her deep love for life & people. Her gift is to weave the *best* of all these modalities skilfully together by recognizing their commonalities and how they enhance each other. She is a charismatic teacher and an example of strength and fluidity.



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