

Level 14 (formerly Level 5, Advanced Mentastics)

with Dante Marchini, Italy

31. October – 3rd November 2024 at the Kientalerhof
Thursday 10 am till Sunday 3 pm

Often, our state of inner peace is usurped by our restless mind. The patterns created by this restlessness are unconscious and often take us to an uncomfortable sense of self. These patterns may manifest physically or emotionally. Trager Mentastics offer the possibility of returning to our natural state, a state of inner peacefulness. Mentastics brings a feeling of release to the unconscious patterns/restrictions in our nervous system. As we bring our awareness to the possibility and feeling of something better, our inner judgements fall away. Our sense of self may shift in surprising ways. We may find self-judgement has melted away, to be replaced by a deepened level of freedom and peace. Mentastics is a doorway to this experience. We need to discover this deeply within ourselves in order to share it with another. It may be possible to stop the inner conflict and self-judgement that causes illness and suffering.

The intention of our class is, first, to own the value of Mentastics for ourselves. As we deepen our own feeling state, we will explore a variety of possibilities to share Mentastics with our clients and groups in more authentic ways. How does Mentastics dance with our tablework and conversation? How much fun can we have?

Learning Objectives:

At the end of this workshop, practitioners will be able to:

- Openly and kindly evaluate your own current body condition in terms of function and feeling
- More comfortably and effectively lead groups in Mentastics
- Find and describe ways to improve natural movement
- Experience deeper states of lightness, aliveness and inner balance

25 hours of continuing education

In his 67 years, Dante Marchini has practiced a variety of ways to deepen and better understand the world. The approach of Dr. Milton Trager was a tremendous discovery for him 35 years ago and is still such a big and rich frame in which he enjoys swimming in the beauty of what it is.

