

## Courses & Trainings

Which situations, encounters or difficulties make us the persons we are today ? Many experiences participate to our development. Those are the courses that participated to my professional and personal growth !

Thanks from my heart to all my teachers !

### **Study at the Rikon Institut – Zurich** <[http://www.tibet-institut.ch/content/tir/en/about\\_us\\_only.html](http://www.tibet-institut.ch/content/tir/en/about_us_only.html)>

Meditation course: how to guide a 20 minutes meditation following a Tibetan Buddhism technique.

March 2015 – June 2016, 60 hours course + daily practice of 20 min.

### **Activities with Dance Medicine** <<http://www.schoolofmovementmedicine.com>>

August 2016 – Bern : Workshop with Ya'Acov and Susanne Darling Khan « The space between us ». 5 days.

November 2014 work shop with Ya'Acov Darling Khan in Zürich « Dare to Dream ». 2,5 days

### **Other activities:**

September 2016 – St Légier: painting course “peinture par le ressenti – module II”, 5 days with Julia Andrée  
<<http://www.presencesdelumiere.com/peinture-inspiree.html>>

March 2015 - France: painting course “peinture par le ressenti – module I”, 5 days with Julia Andrée  
<<http://www.presencesdelumiere.com/peinture-inspiree.html>>

June 2014 – Basel: Workshop with Jessica Benjamin based on her book “the bond of love”. 2 Hours.  
<[https://en.wikipedia.org/wiki/Jessica\\_Benjamin](https://en.wikipedia.org/wiki/Jessica_Benjamin)>

### **Training with the Grinberg Method** <<http://www.grinbergmethod.com/index.asp>>

From 2005 to 2014 I followed regular courses with the founder of the Grinberg Method, Avi Grinberg and Ruth Elkana.

800 hours of continuing education courses on the following topics:

Recovery from accident and sickness,	Body perceptions,
Intensive process,	Discipline in life,
Work techniques on muscles,	Work techniques on bones,
Fear of people,	Working with clients: attitudes, presence, focus,
Relationship,	Working concepts: stopping / containing / learning process,
How to work with person who were submitted to sexual abuse,	Transforming sensations of hate,
Feminine qualities,	Using the voice,
Human perceptions,	Communication between bodies.