

# Body learning

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## My personal practice

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Swimming in open water	Since 2016 regular practice
Tibetan Meditation	Since 2014 regular practice
Free dance in awareness	Since 2010 <a href="#">5 Rhythms</a> Since 2015 <a href="#">Movement Medicine</a>
Mindfulness-Based Stress Reduction	In January 2013 program of 8 meetings with Ela Amarie
<a href="#">Zuriberg Toastmasters Club</a>	Since July 2011 Since 2012 - part of the Committee of the Club Since 2015 - participating regularly in international contests in English, French and Italian
Yoga	Since 2002 - to increase body attention, energy and concentration.

## Activities with [Movement Medicine](#)

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- May 2018 – Lucerne: Workshop con Ya'Acov Darling Khan « Jaguar in the Body. Butterfly in the heart » - 2,5 days.  
January 2018 – Ecuador: Dancing with the heart of the world (Pachamama Allinace) – 14 days  
February 2017 – Bern: Workshop with Ya'Acov and Susanne Darling Khan « The space between us ». Module 2 - 5 days.  
August 2016 – Bern : Workshop with Ya'Acov and Susanne Darling Khan « The space between us ». Module 1 - 5 days.  
November 2014 work shop with Ya'Acov Darling Khan in Zürich « Dare to Dream » - 2,5 days

## Study at the [Rikon Institut – Zurich](#)

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- 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.

## Other activities:

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- September 2016 – St Lègier: painting course “ [peinture par le ressenti](#) – module II”, 5 days with Julia Andrée  
March 2015 - France: painting course “ [peinture par le ressenti](#) – module I”, 5 days with Julia Andrée  
June 2014 – Basel: Workshop with [Jessica Benjamin](#) based on her book “the bond of love”. 2 Hours.

## Training with the [Grinberg Method](#)

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From 2005 to 2014 I followed regularly 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.