

Body learning

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My personal practice

Swimming in open water	Since 2016 regular practice
Tibetan Meditation	Since 2014 regular practice
Free dance in awareness	2010 – 2019 5 Rhythms 2015 – 2019 Movement Medicine Since 2010 – regular practice
Mindfulness 1-Day Retreat Mindfulness-Based Stress Reduction	17 th November 2019, 5 hours, Zurich In January 2013 program of 8 meetings with Ela Amarie
Zuriberg Toastmasters Club	Since July 2011 Since 2012 - part of the Committee of the Club 2015 – 2018 participating regularly in international contests in English, French and Italian
Yoga	Since 2002 - to increase body attention, energy and concentration.
Qi Gong	Since November 2021 – weekly practice, 1h

Other activities:

First of April 2022 - Ecofiction : le roman contemporain face à la crise environnementale – Formation Continue Unil EPFL - 8h
17th March 2022 – A new therapeutical approach – Hôpitaux Universitaires Genève – 6 Hours
July – December 2021 – [living in the gift](#) : online course from Charles Eisenstein – 15 Hours
February 2020 – [GreenBuzz](#): Training to become an Unconference facilitator – 4 Hours
August- December 2019 – online course [Science of exercise](#)
Mars 2019 – [First Aid online course](#) – Practice with [Luitgard Holzieg](#)
September 2016 – St Légier: 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.

Activities with [Movement Medicine](#)

December 2018 – Zurich: Workshop with Ya'Acov Darling Khan “ the alchemy of infinity” - 2,5 days.
May 2018 – Lucerne: Workshop with 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

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.

Training with the [Grinberg Method](#)

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.