



THE SCHOOL FOR BODY-MIND CENTERING® Movimiento Atlas

PRACTITIONER PROGRAM

PSYCHOPHYSICAL INTEGRATION 1

To find psychophysical homeostasis we need to maintain our ability to respond to present circumstances in ways that support maintenance and/or return to health and balance. In Body-Mind Centering® we can access ways to transform our habitual psychophysical habits to more fully embody our potential and range of possibilities. This requires continually making conscious decisions to play an active role in the direction of transformation through increased presence, mindfulness and relationship with self, others and community.

This course includes:

- Exploring in more depth the psychophysical aspects of each of the body systems and developmental movement.
- Using the senses and perception material to identify aspects of psychophysical expression.
- Interconnecting psychophysical patterns in the expression of the whole person.
- Recognizing and supporting the repatterning of nervous system reversals through the different tissues of the body.

Prerequisites: Completion of year 3 and enrollment in the Practitioner Program

Minimum course length: 6 days, 42 class hours

Price: 770 € (720 € if full tuition is paid earlier than two months from the beginning of the course)

Dates: August 23 - 29, 2025

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