

Awareness Through the Body

Created in Auroville, India, Awareness Through the Body (ATB) is a comprehensive system of exercises for children and adults – allowing them to be conscious of their own perceptions and abilities and to be more self-aware and self-directed. It offers creative practices to discover the connections between mind, emotions and the physical body – and to organize these parts into a more harmonious whole around the inmost center.

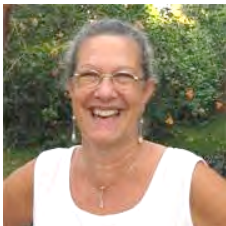
The activities are often fun, combining known and unknown approaches to encourage concentration, focus, relaxation, a sense of accomplishment, and well-being.



Workshops for Adults

Teachers, Dancers, Bodyworkers, Yogis, and all Seekers and Practitioners Welcome

- June 21–25 at Antioch University (Keene, New Hampshire) Graduate Credit.
- June 27–July 4 in Williamsville, Vermont
- July 7–8 in High Falls, New York



Instructors

Aloka: Lived in India since 1971. Background in Dance, Hatha Yoga, Tai Chi, Breathing Therapy, Water Bodywork. Co-Creator of Awareness Through the Body. Has taught in India and Europe.

Ashaman: Born and brought up in Auroville. Background in Music, Thai Massage, Healing Dance (aquatic bodywork modality), and Martial Arts. Has taught bodywork modalities internationally.



Web link