

Biodynamic Breath & Trauma Release with sound concert by Leonor Kuna

The **BioDynamic Breath & Trauma Release System**® 6-Element approach empowers your body's natural process for healing from start to finish, releasing chronic tension and restructuring your systems on a cellular level.

Training in BBTRS will leave you with ability to intimately connect with yourself and others. So you can feel the full range of emotions and sensations you are capable of as a human being and celebrate life to the fullest.

BBTRS® calls on the power of all of the body's systems. Our 6-Element approach supports your body's unique needs at any given moment. This creates a flexible and dynamic experience that goes deeper than traditional therapies.

BTRS® uses both somatic and creative **movement** exercises to allow vibration and release in the body's tissue. This may include shaking of the body, fascial opening, core tension release.

BBTRS uses **deep connected breathing** to charge up the body, activating specific belts of muscular tension and emotional patterns. The sessions are designed in a series to stimulate and rebalance your mind and body from head to toe.

The effects of **sound** on our nervous system are truly remarkable. They are one of the most powerful, supporting tools we can use in BBTRS sessions. With conscious intention and creative use of vocalization and recorded or live instrumental sound, is a tremendous resource in sessions.

BTRS uses **conscious touch** at many levels, from the body's energetic field to contact with the core muscles. It's applied with sensitivity to increase awareness and support energy flow.

Soft **emotional release** can be part of a BBTRS® session, but not a goal. You are supported to stay present while revisiting deeper feelings and sensations – and to return to your own sense of comfort whenever necessary. This balance is key to the BBTRS® approach. It supports you to release and integrate trauma, rather than simply relive it or become overwhelmed.

Meditation is where BBTRS begins and ends. It's used to support resonance in the practitioner and integration for the client. It's also the resting state the mind and body often return to after BBTRS sessions.

You can watch at www.biodynamicbreath.com for more information.

Leonor Kuna and Sharon are providing a series of 6 BBTR sessions . Leonor will be giving a live sound concert during your session. Sharon will explain and support you when it's needed.

The investment in yourself:

35 euro per session or 100 euro for all 3 sessions when you pay in advance.

By getting used to do this work on a weekly basis we will help you to get started. When you do the work for 3 months in your own home, you will experience the difference in your life on different levels. It will help you sleep better, less pain in the physical body, improvement in focus, concentration, feeling more calm and grounded, less anxious or feelings of depression, regulation of digestion, hormone production, more connected with yourself and others.

BBTR will help you to find your inner joy and providing more awareness to support you.

What to bring:

1 mat

Warm clothes

Warm socks

Water bottle

1 blanket

About Sharon (1970)

Sharon has been working as a speech, voice and language therapist for 25 years. Stuttering therapy and being a Breath Coach has become her passion. She works with psychotherapists to assist in their treatment program since 2011 with body oriented experiences, breathing and tension or trauma release work. "Bodywork has been essential to me personally to grow as a human being, on a mental, emotional en spiritual level." My future dream and focus is to set up a place called: Breath school, where adults and children can experience inner joy and find themselves having feelings of being more alive and that life is worth living." "I would also like to facilitate my knowledge in the future at schools so that children of all ages can use this simple tool to rebuild the immune system through breath and tension release." "I believe it is important to work on body awareness from a young age to prevent stress, physical problems or illnesses as they children grow older."

BBTR from 2010 till now. Teacher: Giten Tonkov

TRE from 2016 ongoing. Teacher: Marc Doomernik

Aanmelden via: sharonkousbroek@gmail.com of 0653371196

www.logopedienieuwsloten.nl

About Leonor (1982)

Maura Kuna has been working with different healers, coaches and masters from the world. Hilda Heidsma (Light work) & Christof Melchizedeck (Energy Transformational Work), Barbara Ann Brennan Studies, Vortex Healing Energy (Merlin Lineage).

Maura Kuna offers Shamanic Energy Work in Physical, Emotional & Mental Release, Body & Mind Cleansing Programs, DNA Activation & Re-programming, Soul Work & Life Purpose Coaching Programs, Aura, Chakra & Bio Energetic Field Reading & Healing. She integrates Indian Vedic & Shamanic traditions.

Maura has ability to ones reflections, she reads, listens to the secrets of Grace. Beside her spirituality she focusses on very practical matter in life. She is a facilitator, translator of Divined Plan by Angelic Guidance. Her focus for coming years is to support Earth, humans, oceans, animals, children and people in need.

Contact:

Leonor: www.isness.yoga

Email: isness.yoga@gmail.com