

# Summer Intensive

## Core Practice

21.7. - 15.8. Berlin

Morning-Training  
Night Intensive  
Retreat  
Coaching-Weeks

Kristin Guttenberg // The Moving Academy

Total summer program:  
[themovingacademy.com](http://themovingacademy.com)



# Summer Intensive Berlin 21.7. - 13.8.

## CORE PRACTICE

Body-Mind-Practice for Performing Artists and interested others

Morning Trainings - Night Intensive Workshop - Weekend-Retreat - Personal Coaching Weeks  
to choose one or some, select and combine individually, drop in singular or do all.

4 weeks from 21.7. - 14.8. with \* Body-Mind Practice and Energetic Training  
\* Intention & Feedback Practice \* Movement, sharing and enjoyment in beautiful indoor and outdoor  
locations in Berlin and an Atelier Farm in nearby nature.

### Total program

- 12 morning sessions every tuesday, wednesday indoors KunstQuartier Bethanien & thursday outdoors Tempelhofer Freiheit
- Night-Intensive workshop 24.-25.7. in KunstQuartier Bethanien, Berlin Kreuzberg
- Artists retreat „Wild at heART“ 31.7.-2.8. at AtelierHof Alex Heil, Wesendorf by Berlin
- Individual coaching sessions by appointment during the weeks

### Dates

tue 21.7. 8-9.30h Morning Session Bethanien  
wed 22.7. 8-9.30h Morning Session Bethanien  
thu 23.7. 9-10.30h Morning Session Tempelhofer Freiheit

### Night Intensive Workshop

fri 24.7. 16.30h Energetic Training into the night Bethanien  
sa 25.7. 9-11h Energetic Training into the day Bethanien

tue 28.7. 8-9.30h Morning Session Bethanien  
wed 29.7. 8-9.30h Morning Session Bethanien  
thu 30.7. 9-10.30h Morning Session Tempelhofer Freiheit

### Artist Nature Retreat

fri 31.7. Artist Retreat Wesendorf /Berlin  
sat 1.8. Artist Retreat Wesendorf /Berlin  
sun 2.8. Artist Retreat Wesendorf /Berlin

tue 4.8. 8-9.30h Morning Session Bethanien  
wed 5.8. 8-9.30h Morning Session Bethanien  
thu 6.8. 9-10.30h Morning Session Tempelhofer Freiheit

tue 11.8. 10-12h Morning Session Tempelhofer Freiheit  
wed 12.8. 10-15h BodyMind CrossCultural Bethanien  
thu 13.8. 10-12h Morning Session Tempelhofer Freiheit

**Infos and application: Kristin: +163-4813241**  
[kri.gutttenberg@web.de](mailto:kri.gutttenberg@web.de)  
[themovingacademy.com](http://themovingacademy.com)