

## Training

### Dealing with physical stresses during your studies

#### Target Group

This training is for college students who want to learn how to cope with body tensions experienced within their study. The training may be separately or as a follow-up to the training 'dealing with tensions around reviews' be followed.

#### Why

If you worry a lot, you cannot concentrate and you often suffer from tensions in your neck, shoulders and back, you suffer from headache or are you often tired by your studies? Then this training might be something for you. By becoming aware of your body signals you get other ways to deal with your stress. During the training a variety of body-oriented and relaxation exercises will be offered.

#### Data

Tuesday 13 and 27 May 2014 from 16:00 to 18:00.

#### Content

Meeting 1: how do tensions express themselves with you and in what situations? How do you deal with that and what body-oriented exercises can help you with this?

Meeting 2: Based on the experiences gained during the exercises in meeting 1 the exercises are further deepened. In addition, you learn how to apply all this in your daily life and your studies.

#### Trainers

Lisetta Schenk is haptotherapist and reflex zone therapist. She has her own practice since 2002 in Arnhem and Zutphen and is working for BTSA.

Renate Hoenselaar is BTSA coordinator. Since 2000, she has her own practice in Arnhem and is LVSC registered supervisor, Senior registered dance and movement therapist and trainer.

#### Cost

€ 60.00. p.p.

The training continues at min 4 participants.

#### Registration and payment

You can sign up by sending an email to [info@btsa.nl](mailto:info@btsa.nl) before 30 April 2014

After registration you will receive a short questionnaire so we know what your expectations are.

This questionnaire you have to send return before 6 May 2014.

Payment no later than May 6 on account number NL 17 RABO 0132.5384.15 name of R.M. Hoenselaar.

After payment your registration is final. The training will take place at a minimum of 4 students.

#### Location

La Cappella therapy-and Culture Center, Oude Velperweg 36a, 6824 HE Arnhem.

#### Information

For more information: [www.btsa.nl](http://www.btsa.nl) or Renate Hoenselaar +316-13486648