

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' to 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

If there are enough participants, at least 4, we start the training in march 2015
Time: Tuesday 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.

Information and Registration

Are you interested please send an email to info@btsa.nl

When the training starts you will receive a mail with further information and a short questionnaire so we know what your expectations are.

Location

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

Information

For more information: www.btsa.nl or Renate Hoenselaar +316-13486648