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***MOVING ON  
WITH MOVEMENT***

*with*

Dr. Rajyashree Ramesh

*Customised Programme for  
Varied Target Groups &  
Individuals*

Photo: Marlon Borriss

# Dr. Rajyashree Ramesh

## Research, Development & Design

Dr. Rajyashree Ramesh is a dancer-choreographer, master teacher, Certified Laban Movement Analyst (CLMA), and movement researcher. Born in Pune, raised in Mumbai and Bangalore, India, and living in Berlin, Germany since 1977, she has over five decades of collective experience in performing, research, teaching, and lecturing across the globe. She was trained from early childhood in the Indian dance forms of Bharatanatyam and Kuchipudi, and classical Carnatic music.

Her further studies in the West included Yoga, Breathing Therapy (Middendorf), a certification in Laban/Bartenieff Movement Analysis, a certification in holistic Fascia Training, and finally academic, wherein she related movement, embodiment, cognition, and emotions (Masters and Ph.D. at the Europa University Viadrina in Frankfurt/Oder, Germany). Drawing from her collective expertise in transcultural settings, she has created this unique programme that can transform the way an individual learns and experiences one's movement and its multifaceted potential.

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**The programme emerged from several years of trans-disciplinary research and practice.**

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## ABOUT THE PROGRAMME

Movement is a fundamental act of all that is living. It is relevant for our physical, mental, emotional, and cognitive experiences and well-being. It is the primordial life source and also the primary means by way of which we learn to address naturally and effectively a wide range of factors, from focus, attention, aliveness and dynamism to cognitive skills, creativity and communication.

However, we have built a world around ourselves, where we need not move much anymore, while at the same time over-emphasising mind-related activities.

While movement means wellbeing and its importance is often discussed today, it is not just about exercise-regimes, building muscles or being athletic. Moving in certain ways that are conducive for a holistic wellbeing is what makes a significant difference.

Giving movement its due place is the goal behind the **“Moving on with Movement”** programmes designed by Dr. Rajyashree Ramesh. It is based on insights she has gathered in her cross-disciplinary research that integrates the rich theory and practice of Indian corporeal traditions, with the latest from Linguistic Gesture Studies, Brain Research on Emotions, Movement Studies, and current Fascia Research.

*The following questions and more will be customised and addressed in this programme:*

- How to differentiate the purpose of movement - for whom, when and where?
- How does actual executed movement impact our experiences?
- When does moving with inner awareness really begin to become beneficial?

## PROGRAMME HIGHLIGHTS



Groundbreaking and unprecedented programme



Universal approach, irrespective of one's background, discipline & cultural context



Highly customised based on individual needs and capacities



Tangibly experiential, exploratory and pragmatic approach



Ability to impact the basic movement mindset in our day-to-day lives

## WHO IS IT FOR?

This programme is customised in order to offer a unique approach to effective, meaningful and purposeful movement, accessible to a wide range of professionals and individuals:

- Educators
- Corporate Groups
- Independent Working Professionals
- Intercultural Groups
- Social Workers & Social Scientists
- Social, Community, Cultural & Educational Organisations
- Senior Citizens
- Medical Professionals



Photo: Marion Borriss

## KEY TAKEAWAYS

*This varies based on the specific target group that the programme is delivered for*

Understanding basics of movement and application in day-to-day life

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Exploring the relevance of moving with inner awareness for boosting individual capacities to deal with the world, physically, emotionally, mentally and intellectually.

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Insights into the expressive and communicative aspect of movement, improving conversation and communication

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Creatively exploring the relevance of movement for conceptual thinking and empathy and also useful for effective intercultural and transcultural communication

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You will explore how a *Sensing and Shaping* of primary movement at the micro-levels of the body, could impact body-brain processes

## LEARNINGS FROM THE PROGRAMME

Develop a deeper understanding of both the power and pitfalls of movement, whether in everyday movement, or specialised physical disciplines.

Learn the relevance of moving with inner awareness and how this develops our capacities to act in the world as physical, emotional, mental, cognitive, and intellectual whole beings.

Develop basic insights/ knowledge into primary movement principles which have many advantages at all stages in life, in various ways

The mind in the body: Exploring how images primordially stem from embodied movement-based experiences

Knowing and acting from this bottom-line of movement is therefore useful not only for movement professionals but also for every individual.

**This programme can be customised depending on the nature of requirements of the participants**

## TESTIMONIALS

*From International Workshop Participants*

*"Many thanks for your eye-opening workshop. My key takeaways were: (A) all human beings feel the same in their bodies and minds regardless of culture; (B) it made me conscious to listen more carefully to what my body is expressing & feeling before it even gets to the mind. In essence, reconnecting with this primordial bodily reaction (to the world, to people, to situations, etc.) is essential before the mind gets involved in the process"*

*"The experience I had today with your guidance was so very powerful. I had no idea that the simple movement of the neck and head would eventually spread through my whole body. The five elements of matter which are fire, water, space, air and earth were for me something abstract but today I felt connected to them".*

## TESTIMONIALS

*From International Workshop Participants*

*"The workshop did me good to concentrate on my body movements and shape/posture and energy circulation."*

*"I could feel my heart so precisely for the first time, so felt open and mobile."*

*"A natural flow of energy in all major parts of the body while going through the movements. It is hard to characterise the experience because of its uniqueness"*